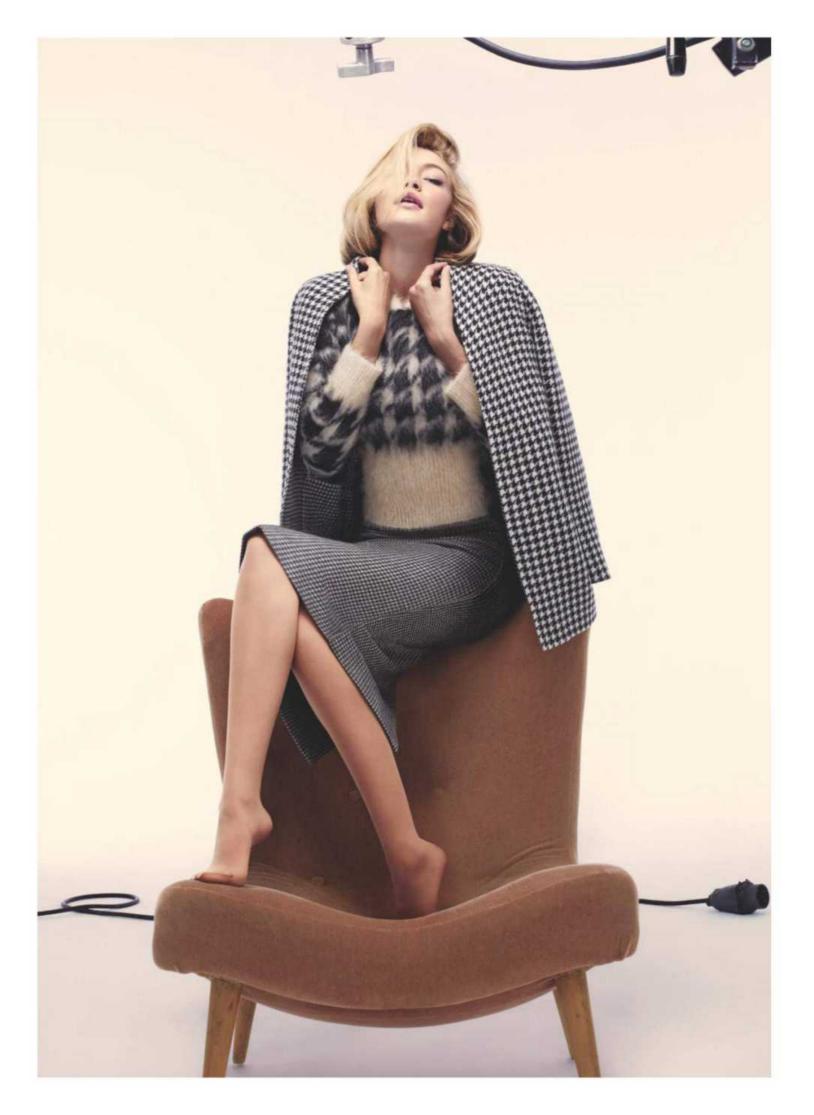


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*84% of 308 women agreed.





EDITOR'S LETTER

A couple of months ago, I was asked to join a debate about feminism at a girls' school. As the editor of a magazine, they wanted me to chat for five minutes about my job and how women were represented in fashion. 'It's only for school kids - how bad can it be?' was my somewhat arrogant appraisal of the task. The debate started with an impassioned speech by one of the feisty sixth formers. She argued very articulately that a magazine's sole intention was to exacerbate women's paranoia about their bodies, sex lives and careers - according to her, virtually everything. Now, as someone who has done this job for nearly 20 years, I am used to objections, but this was scary. I had the speech prepared, though, and was going to carry on, however vacuous and evil this army of uniformed girls thought I was. I know fashion isn't a perfect industry and that the feminist argument has legs, but I couldn't help but think that I won them over just a teensy bit when I told them about my office full of (mostly) women, who are endlessly supportive of each other. And that our mission at *InStyle* was to celebrate women's success. We don't ridicule or embarrass celebrities; we applaud them. We shoot our fashion on actresses and musicians, because they are amazingly

talented and we want to champion that. Our practical fashion and beauty advice is all about making women look and feel the best that they possibly can. Women are at the centre of everything we do, which is why I decided to push that notion just a little bit further in this issue. So, on page 168, you will read Laura Craik's excellent explanation as to why designers like Victoria Beckham, Mary Katrantzou and Stella McCartney rule the runways right now. And, on page 183, fashion writer Victoria Moss delves into the murky world of dress sizes (if we don't talk about it, who else is going to?). Meanwhile, Gizzi Erskine has written a cookbook that reflects a normal, healthy attitude to food that's neither gluttonous nor fat-fearing (page 179). Finally, to bust the myth that women on fashion magazines don't eat anything, we're teaming up with the street-feast squad and are excited to host a very stylish night at Dinerama. We're calling it 'InStylerama' – and you're all invited. See page 131 for tickets.









OCTOBER 2015

CONTRIBUTORS



GIZZI ERSKINE

Growing up, Gizzi's go-to restaurant order was smoked salmon with a side of chips. 'I thought I was very sophisticated.' At aged eight, she was rustling up green jam tarts with her mum. 'We walked the whole of

London trying to find lime marmalade.' While she pretty much eats everything, you won't find mange tout in her kitchen. 'It's the most pointless vegetable.' This month, the former body piercer-turned-chef explains why real women eat burgers on page 179. *Your superwoman*?

'My mum. She was a single parent who brought three strong-minded women into the world. She gave us all self-belief. Because of her, I've never queried myself.'



CECILIE HARRIS

Growing up in Norway, Cecilie received her first camera, a Polaroid, on her seventh birthday. Now based in London, she says that the least glamorous location she's ever shot in was a football changing room. I photographed Olly Murs on the toilet floor.' See her shoot with singer Florrie on page 194. Your superwoman? 'My mother. She was extraordinary, with such strength and wisdom through anything.'



JENNY GAGE AND TOM BETTERTON

This photography duo met while studying at Yale University. For Tom, it was love at first shot. Tom says Jenny's 'female in the strongest sense of the word', while he is 'intuitive, and the perfect counterbalance to the female point of view'. They say that's why working together works. This month they shot cover star Emily Ratajkowski (page 144).

Your superwoman?

'Photographer Alice Springs had all the guts, took none of the glory.'



GOT A HOT DATE? CAN'T DECIDE WHAT TO WEAR?CHECK OUT AMY'S GUIDE AT

InStyle.co.uk

MARC TRINDER

Cutting his friends' hair under the supervision of his mobile hairdresser mother, cemented this London-based stylist's career choice. Since then he's teased locks everywhere, from a tiny toilet backstage at London Fashion Week to a yacht in Cannes. In this issue he works his magic on Florrie (page 194). *Your superwoman?*

'Kate Moss. She's a normal girl who worked hard and has remained herself.'





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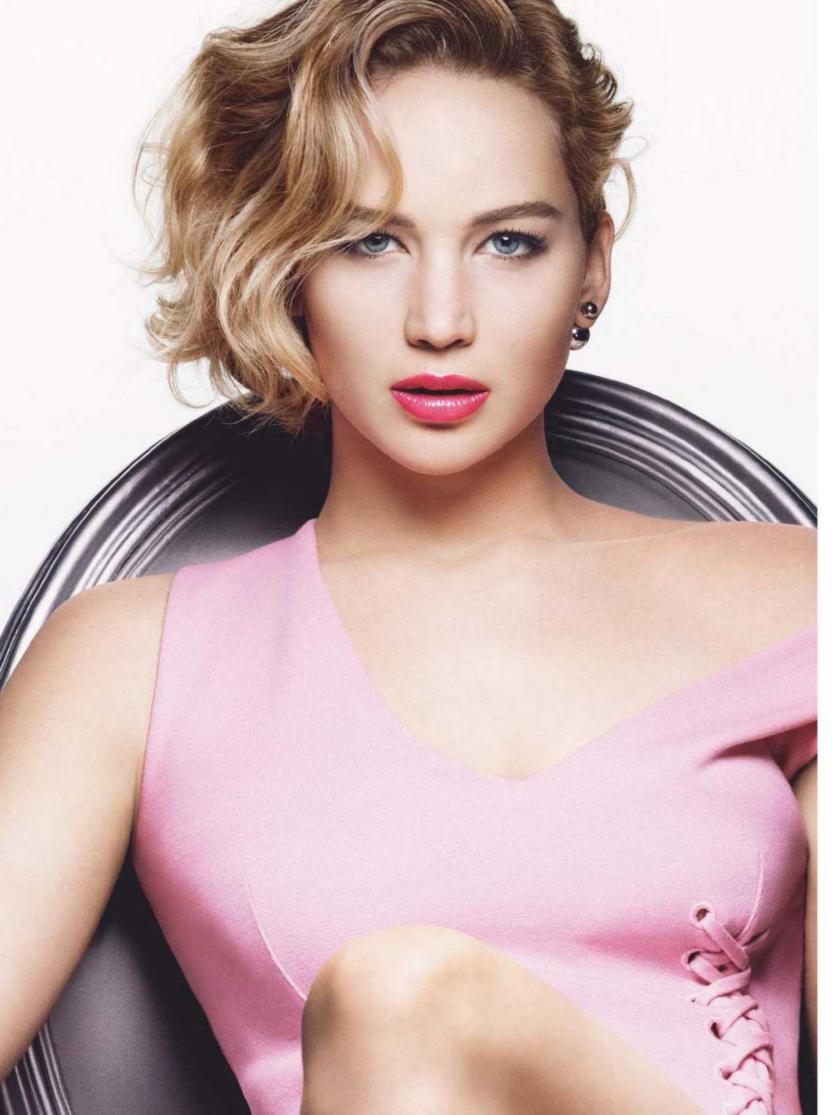
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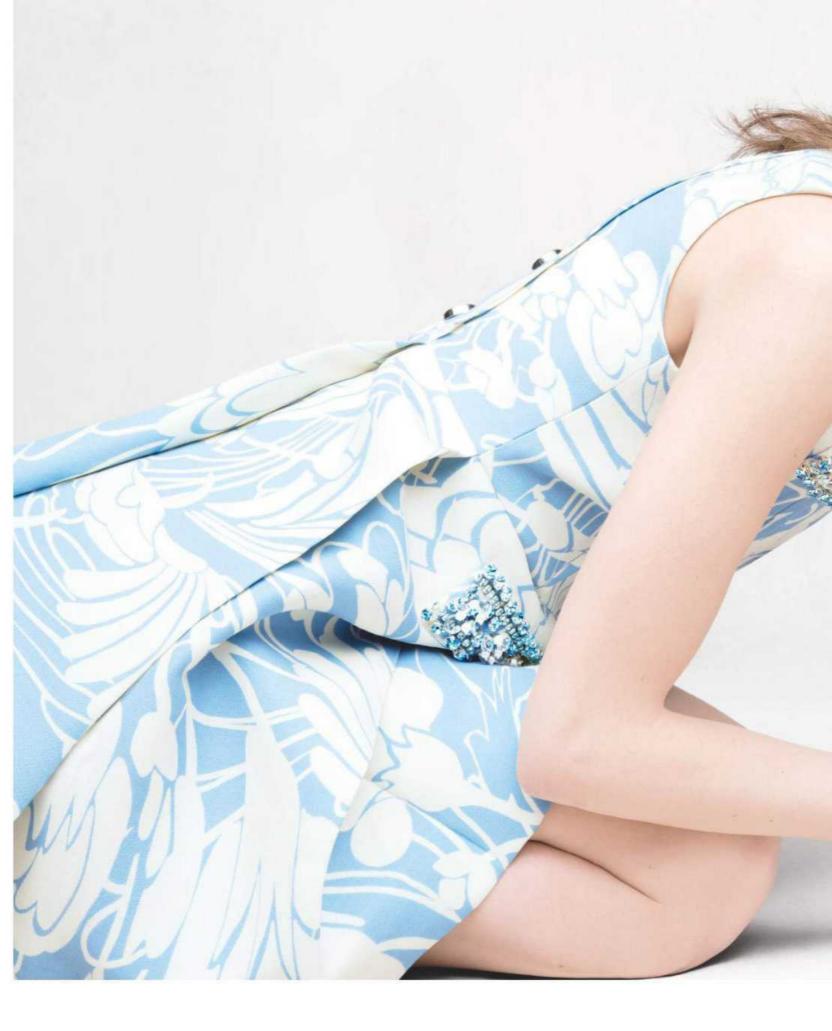




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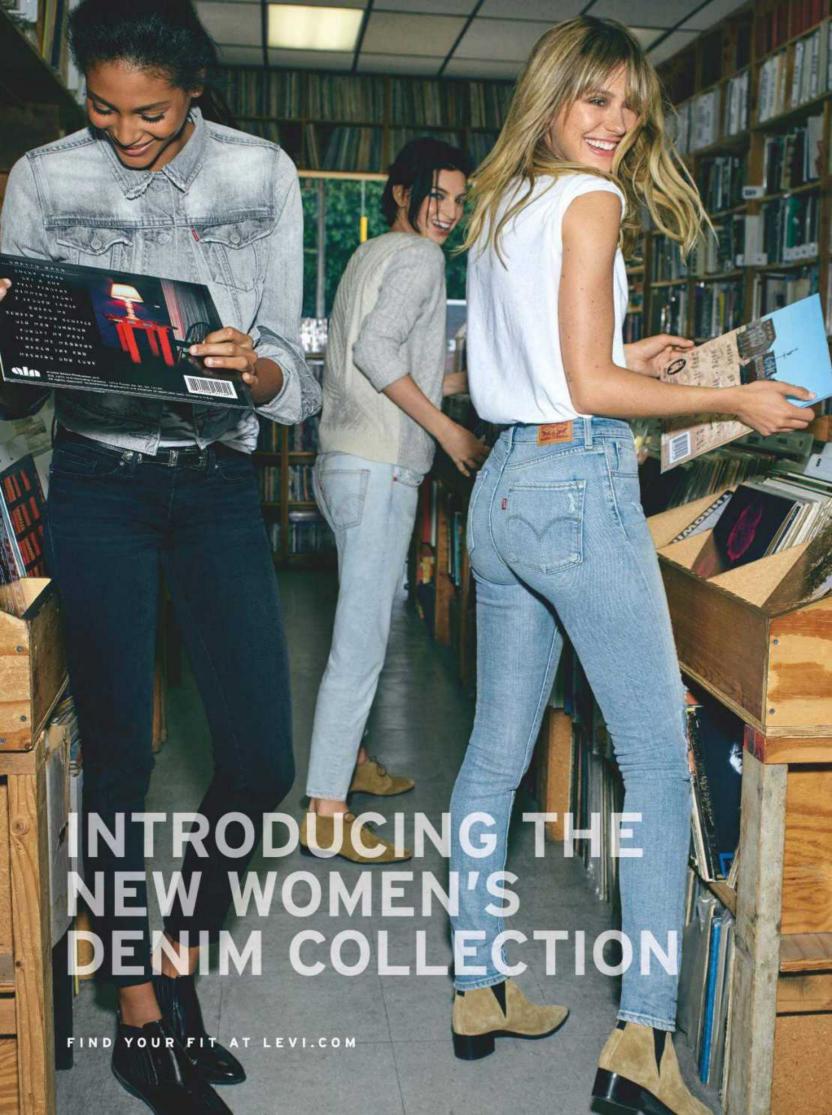




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EMPORIO ARMANI

OCTOBER 2015

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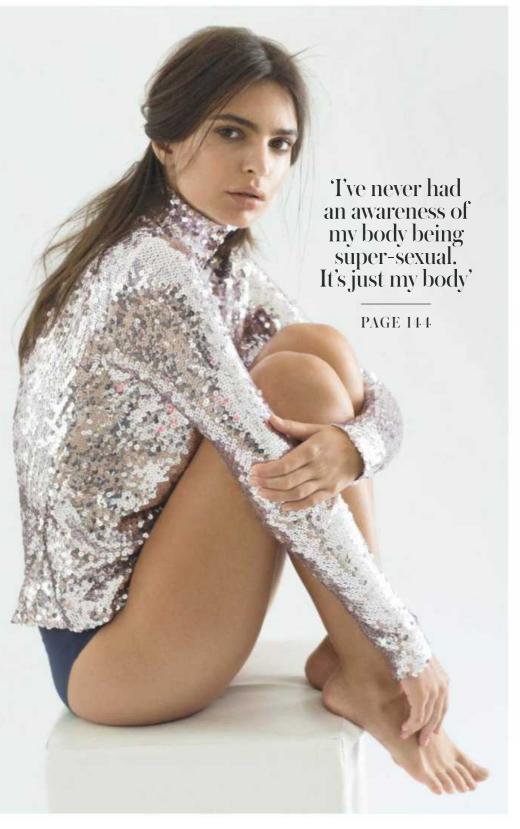
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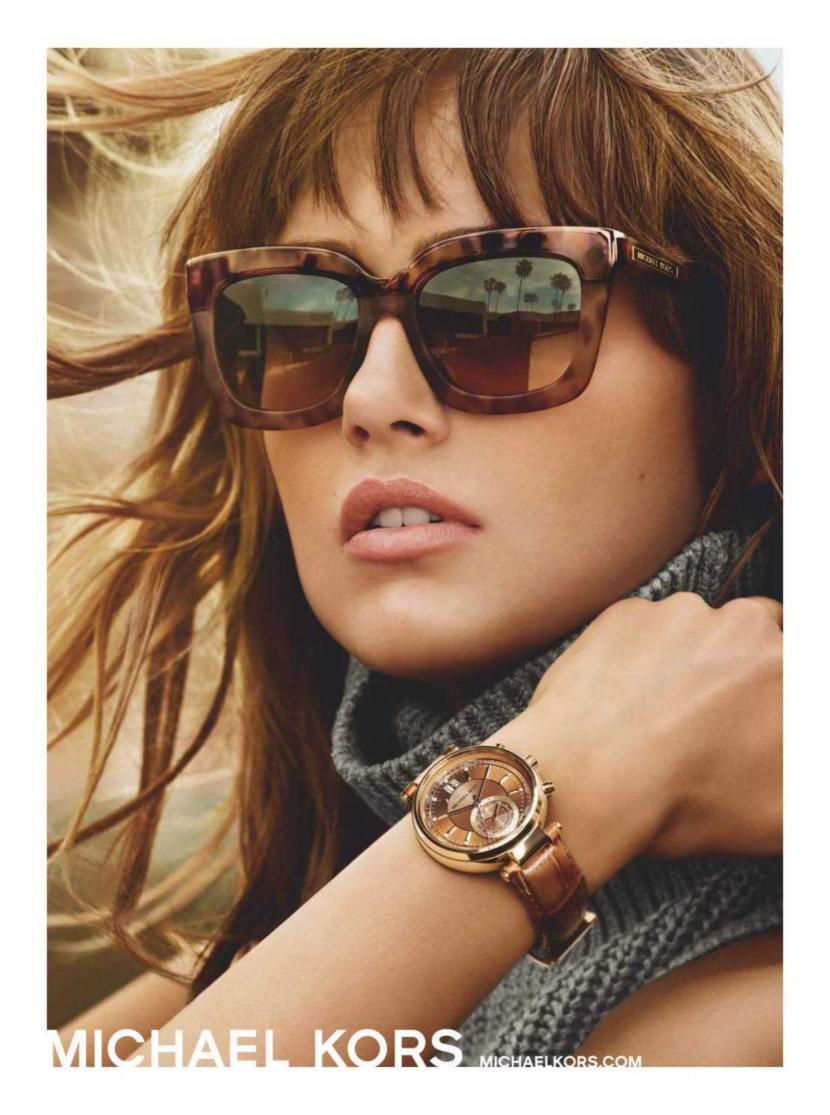
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AS FESTIVAL SEASON FINALLY COMES TO A CLOSE, we're happy to say we threw ourselves into it with gusto this year. With an arsenal of dry shampoo, rehydration sachets and wet wipes, we hit everything from the Isle of Wight Festival to Glasto. Three valuable lessons learned: 1) Don't get into a speedboat with a hangover. 2) VIP sections are actually quite boring. 3) Going home early and missing Fleetwood Mac is a terrible idea.







MAKING THE COVER



'So, our October cover star is MEGA BABE Emily Ratajkowski.'

'You mean, the girl in the Blurred Lines video?'



'YES! She is amazing!'



'She'd look amazing

in anything.

'Ooh, yes! Fashion nun-

'Er, yeah!'



'But what about the gothic trend...'



'...and we'll need some sunshine.'





'What about some Dior sparkle on the cover?' 'Don't cover up that body too much!'

'Let's shoot in LA!

47





'Hot! Hot! Hot!'





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OCTOBER COVER 2015

EMILY RATAJKOWSKI PHOTOGRAPHED BY JENNY GAGE AND TOM BETTERTON

Styling by Arabella Greenhill. Hair by Christian Wood for Toni & Guy Hair Meets Wardrobe at The Wall Group. Make-up by Rachel Goodwin at Starworks Artists using Chanel.

Emily wears top by Dior (dior.com)







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LONDON CHECKLIST

FORGET AN OPEN-TOP BUS TOUR – MAKE SURE YOU ADD THIS LOT TO YOUR CALENDAR

THE MOVIE

If you see one film this month, make it this one. Set in London and starring Drew Barrymore and Toni Collette, it explores the relationship between two friends when one (Collette) is diagnosed with breast cancer. Watch it, cry a bit (or a lot), then donate to Breast Cancer Care at breastcancercare.org.uk.

ON TELLY LONDON SPY (BBC TWO) AND CAPITAL (BBC ONE)

The new thinking-woman's drama stars the always-brilliant Ben Whishaw as party boy Danny, who falls in love with a spy called Alex (Ed Holcroft), only for Alex to vanish and suck Danny into an espionage underworld in search of him. Think James Bond with a 21st-century makeover. Also, don't miss the BBC One adaptation of John Lanchester's bestselling book, which zooms in on the residents of a south London street.

TO DO OPEN HOUSE LONDON

If you spend an unhealthy amount of time repinning dream interiors pictures on Pinterest, then take advantage of this month's Open House London festival. Beautiful private homes across the capital will fling open their doors for you, so you can have a good old snoop around inside. Visit openhouselondon.org.uk.

TIME TO SHOP

London designer labels celebrating turning ten this month include Roksanda, which has released a capsule collection of dresses available exclusively in Harvey Nichols, and Nicholas Kirkwood. The latter has designed a collection of 80s-inspired shoes based on classics such as the film *Back To The Future* and everyone's favourite arcade game, Pac Man. Genius.



three floors, will give you an insight into what it's like to watch a fashion show – all 50 looks from Nicolas Ghesquière's a/w 2015 show will be projected onto 25 screens, making you feel like you were really there. You'll also get to watch artisans making Vuitton products in real time, and there's a 'sticker room' where you can take home stickers depicting the 12 key accessories from the collection as you leave. 180 The Strand, WC2; 21 September-18 October 2015.

MADEMOISELLE PRIVÉ, THE SAATCHI GALLERY

The London gallery is getting a Chanel chic-over with a new exhibition celebrating the work of Coco and her successor Karl. As well as photographs and sketches, there'll be a dreamy selection of couture to pore over, including pieces designed exclusively for the exhibition by Monsieur Lagerfeld himself. Duke Of York's HQ, King's Road, SW3: 13 October-1 November 2015.

LIBERTY IN FASHION, THE FASHION AND TEXTILE MUSEUM

London's grande dame of department stores turned 140 this year. To celebrate, the Fashion And Textile Museum is showing a retrospective of Liberty's iconic patterned fabrics and collaborations. Print heaven. 83 Bermondsey Street, SE1: 9 October-28 February 2016.

THE EY EXHIBITION: THE WORLD GOES POP,

TATE MODERN

The gallery's big autumn showing explores the world of pop art beyond Lichtenstein's cartoons. *Bankside*, *SEI*; *17 September-24 January 2016*.





MADEMOISELLE













NAOMI WEARS

THIS MONTH, OUR CURVY
COLUMNIST AND MODEL NAOMI
SHIMADA SHOWS US HOW
TO ROCK KNITWEAR

I'VE STARTED TO COLLECT

obscure, funny sweaters.
Well, why not? I'm also
wearing my culottes through
the autumn, but I'll pair
them with tights when the
weather starts to get cold.

Sweater, Cat's Brothers; culottes, Issey Miyake Pleats Please; trainers, Nike



A HIGH-WAISTED KNITTED SKIRT

is perfect for showing off your waistline. I'm obsessing over top-to-toe knit looks at the moment – it's a fun twist on ladylike elegance.

Cardigan, Jaeger; top, vintage; skirt, Antipodium; sandals, Monki; shoes, ASOS



I'VE ONLY JUST STARTED

wearing trousers, but now I can't get enough of them.
And I've discovered that a high waist is really flattering on me. Knitted high necks hug your body in all the right places and are so snuggly!

Top; vintage; trousers, ASOS; trainers, Nike; earrings, vintage





FOR MORE FASHION TIPS, HEAD TO NAOMI'S BLOG AT NAOMISHIMADA.COM

WHERE STYLE STARTS

SADDLE BAGS



1800S

When saddle bags were actually part of the saddle for a horse, and were useful for carrying all your cowboy stuff (gun, tobacco, neckerchief etc).



Best teamed with more period items, such as a Victoriana blouse or a pair of gauntlet gloves.



at Chloé, Ralph Lauren and Coach, and over

the shoulder of Tay Tay

(so it must be a trend).



WEEKEND LIKE CLAUDIA

HOW THE FORMER SUPER DOES DOWNTIME



GALLERIES LOVE 'The Tate Modern has the most breathtaking exhibitions. One of my recent favourites was the Louise Bourgeois one. I also like visiting the Sadie Coles and Timothy Taylor art galleries.'

FOR DINNER OUT 'My favourite Italian restaurant is Locanda Locatelli. The chef Giorgio Locatelli flies someone at 4am to Italy to buy the best burrata. Try it and you'll never want to eat mozzarella elsewhere ever again.'



MY OFF-DUTY UNIFORM 'Jeans, Isabel Marant boots and one of my Claudia Schiffer for TSE cashmere sweaters with jewellery from Missoma and Monica Vinader. For muddy walks, I love my Hunter wellies.'

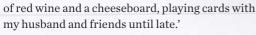
FOR A SWEET IREAT 'Gelato Mio in Holland Park has the best home-made ice cream in town. The dairy-free sorbets are delicious.'

£595, Claudia Schiffer for TSE (tsecashmere.com)



FAVOURITE SHOPPING HAUNTS 'Matches Fashion in Notting Hill, Vanessa Bruno on Dover Street and Margaret Howell on Wigmore Street.'

ON COLD WEEKENDS 'I love sitting in front of the fire with a glass

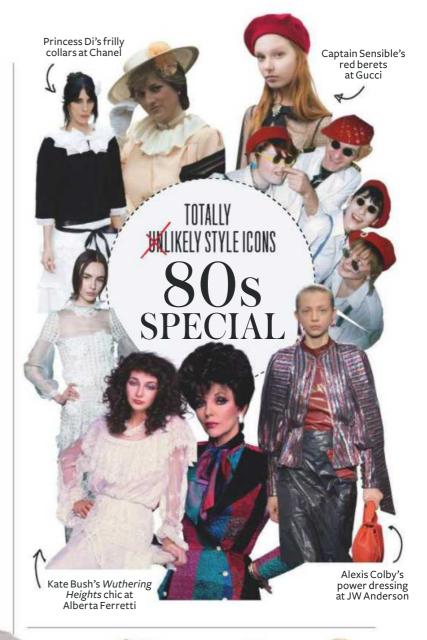


FOR EXERCISE 'My workout is long walks in the sticks with our dogs and playing tennis.'

I've adopted loads of very English weekend traditions, like waking up to a cup of English breakfast tea, eating Marmite on toast, playing croquet and having too many dogs!'



The Claudia Schiffer for TSE capsule collection is available at stylebop.com/uk and TSE cashmere online.





Our new favourite 'because why not?' book is the totally adorable *Dogs With Chairs*, which matches up beautiful mid-century modern furniture with a lookalike pooch. We're pretty partial to the Irish Wolfhound-inspired chaise longue...



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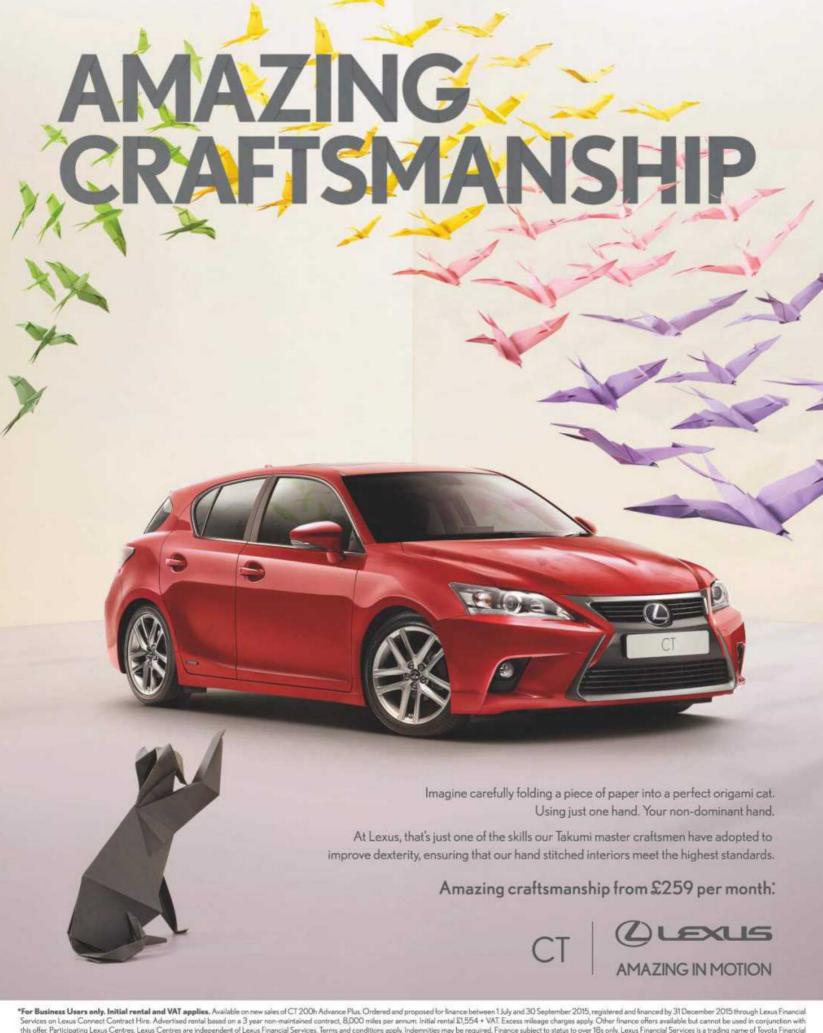
Giambattista Valli Couture

WHEN 6 July, for the house's a/w 2015 couture show.
WHERE Grand Palais, Paris, France.

WHY Putting the cool into haute couture with these oversized sunnies while keeping it as glamorous as you'd expect, some of the gowns at Giambattista Valli's show required eight dressers to fan out the enormous tulle trains before the models took to the catwalk.

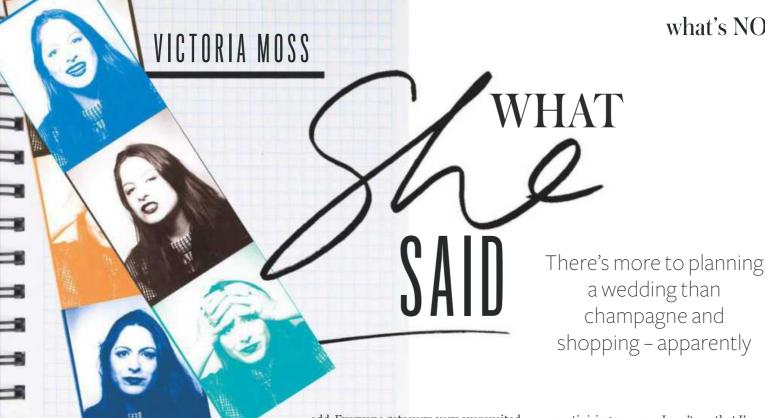






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o, she said it's not wrong, not grammatically. She would put one in, but it's a personal preference. She said it's not inaccurate to not have it there...' I'm trying to have a conversation with Charles (my boyfriend, now fiancé, although I can't use that word as it sounds awful) about a comma, or lack of, on the wedding invitations.

Controversially, on the address line I have decided to omit 'London' and go straight from street to postcode. 'Everyone knows it's in London, everyone coming is in London. We don't NEED London,' I say defiantly. I've asked a professional (sub editor) at work about comma placement. I am concerned about this comma. I think whatever I do, at some point, an invitee will say something about this comma, or lack of, on receipt of their invitation.

I look up from scrutinising the invitation proof on the screen of my iPad and see that Charles has left the room. 'I think no comma,' I say out loud to myself. 'It looks too broken up with so many commas.' I type a response and send back the proof OK'd sans comma to the nice, patient lady at Smythson. I instantly think I have done the wrong thing, but accept that I must be mature enough to stick with my decision. Indecisiveness is where chaos lies.

Being engaged is weird. I mean, obviously it's lovely. So lovely! But also,

odd. Everyone gets very, very overexcited about it. I do not have the squeal gene and feel that I've let people down when telling them. I definitely have not squealed enough about it. I was browsing in Christopher Kane (potential frock option) and found myself telling the very sweet salesgirl, and I actually think that she was more excited than my mother (my mother has been asking on a daily basis for the last decade whether or not I am going to get married, so you know, she's quite into it).

The Kane girl told me, hands clenched together with glee, that I was going to be 'the most beautiful bride in the world!' This was more than mere sales technique, this was sincere. It was, undeniably, a little awkward. The other awkward thing is that, actually, I think everything to do with weddings is horribly naff. I don't get the white dress thing. I don't get having bridesmaids in creepy matching outfits and I really don't get those awful conference centre chairs they cover in white muslin and put a coloured bow

scrutinising commas. I can't say that I'm not enjoying the champagne though. There's a lot of champagne when you get engaged. That, I am ALL for.

But obviously in the midst of all these things, there is new fashion to be looked at. 'Look at' being the key phrase. This season, I am only allowed to buy one dress. For the wedding (a very un-wedding-y wedding dress, clearly). There is, apparently, no room in the budget for my usual seasonal updates. However, I am nothing but altruistic in my newfound non-bridal bridal state, so here's what I can tell you about the new fashion season: Whistles has a great faux Margot Tenenbaum-worthy coat (for when you can't afford the Gucci one); Chloé has some very chic tie-up black ankle boots with a heel that looks altogether manageable; Prada's pink and gold Mary Janes make me weep with want; Jonathan Saunders' op-art stripes will cheer you up on a grim winter's day.

I've also been thinking that this would probably be a rational time to try a denim

Being engaged is weird. Lovely, but odd. Everyone gets very, very overexcited about it. I do not have the squeal gene'

around. It's just... not for me. That's my new phrase, 'not for me'. For you? Yes! More muslin-covered chairs! For me, 'Where does one hire some simple, wooden, chic chairs?' But then despite my dislike of everything that looks remotely 'wedding-y' I find myself spending extraordinary amounts of time flare. One doesn't like to jump on a bandwagon too swiftly, but I think

now they're still a thing, and Current/ Elliott and J Brand both have nice pairs in solid black which are rather good. Perhaps with those Chloé boots, a jaunty Saunders knit and the Whistles coat. There you go, your new season in a nutshell. Go forth and shop for me. I'm too busy worrying about commas.



BAND ROMANCE

Thomas Sabo has drawn inspiration from the padlock-adorned bridges of Paris for its new Love Bridge bracelet collection.

Just choose your style and colour, then have the silver or gold-plated bar engraved on the spot. We heart. Bracelets from £70, Thomas Sabo (thomassabo.com)

COOL COLLABS

WELOVEALINK-UP

ASPINAL X ÊTRE CÉCILE

Our go-to brand for quintessentially British leather goods and stationery has teamed up with the brilliant Être Cécile for a collection of fun, colourful accessories. We're loving this plaid tote and clutch. From £95 (aspinaloflondon.com)

JOHN LEWIS X BRUCE OLDFIELD

That chill in the air is the perfect excuse to update our wardrobe – and this jacket is high on the list. It's from a sharp capsule collection of outerwear and occasion wear by John Lewis and couturier Bruce Oldfield, from £59 - £299 (johnlewis.com)

MAJE X MINNETONKA

Maje's a/w 2015 collection was inspired by travel and the 70s, so Minnetonka is an ideal partner: the brand is famed for its boots and moccasins. Fringed thighhighs and laced flats start at £179 (uk.maje.com)

FROM ACROSS THE POND

It's been one of America's best-loved brands for years, and now Coach has moved into Selfridges. We're loving the slouchy Edie bag, £295 (selfridges.com)



We've all been there. Just as you're drifting off to sleep you remember that you've nothing to wear for tomorrow night's event, or you start stressing about that last-minute birthday present. Well, worry no more, because Next has launched an Order by Midnight service. As long as your request is placed before the clock strikes 12, that amazing frock or new-season coat will be with you the following day. (next.co.uk)



NICK SPENSLEY ON WHAT'S LANDED THIS MONTH WHAT Bag, £229 Modalu (modalu.com) WE LOVE The chic navy shade.



WHAT Boyfriend watch, from £8,100, Chanel (chanel.com)

WE LOVE The delicate details paired with masculine lines. (Check out the new Chanel watches and boutique opening in Bond Street next month.)

WHAT Mini Peekaboo bag, £2,210, Fendi (fendi.com) WE LOVE The fluffy, multicoloured shearling.



WORDS BY NICK SPENSLEY.

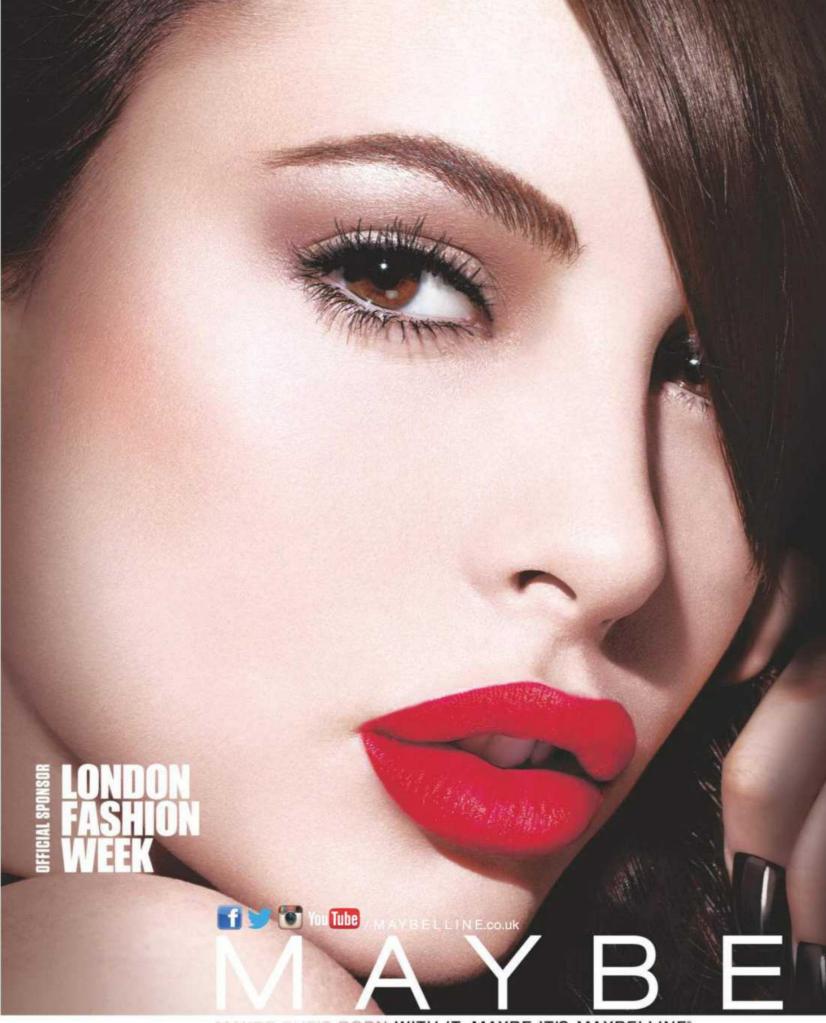


Collection from £49



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New York's street-style doyenne always brings just the right level of new season to a look (in this case with that piped check 70s coat and collared blouse) without being a trend slave. We also like how she's working those 'country ramble' colours with a bright yellow bag.





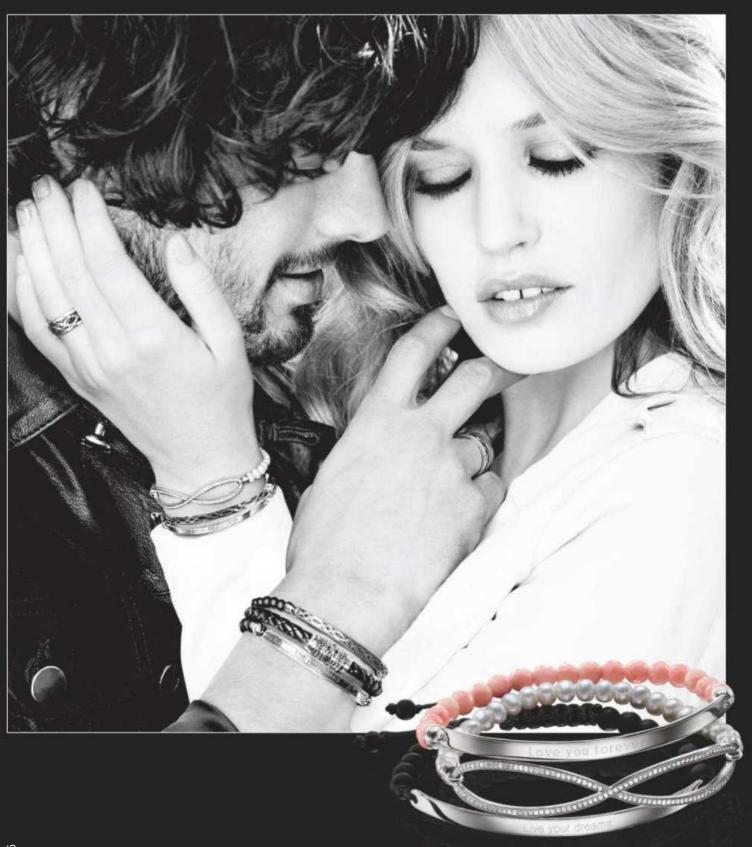
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The right trousers

Make bold strides this season in leather, lurex and suede



your LOOK



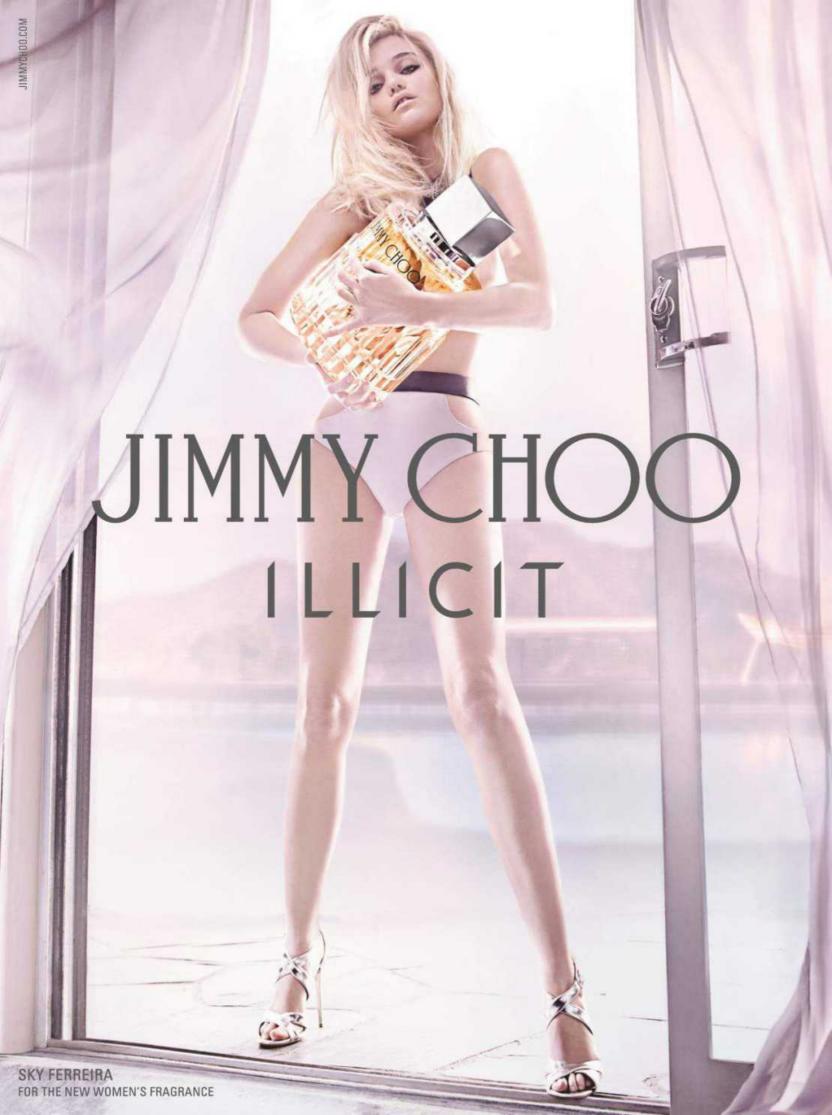
The SPORTY trouser

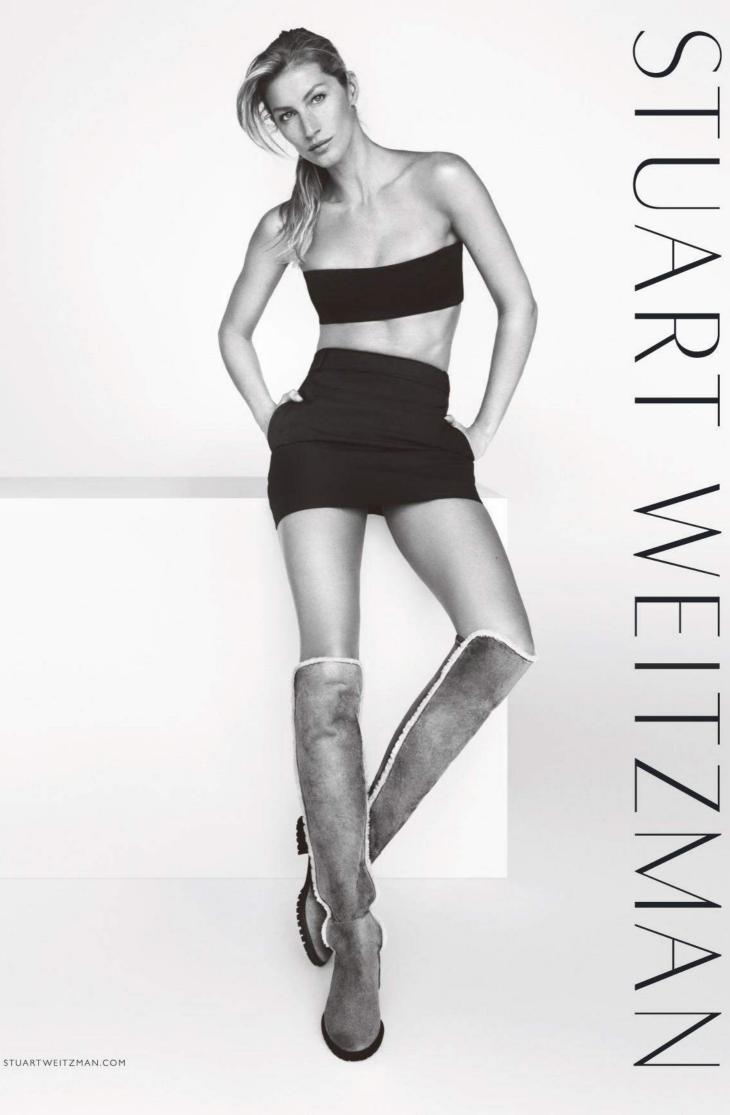
WHY IT WORKS The wide legs and bold colour save these track pants from making you look like you're on your way to the gym. TIP Smarten the look up with a tailored jacket.



The LUREX flares

WHY IT WORKS Don't get disco fever; wear this sparkling pair with a Victoriana-style blouse and some chunky knitwear. TIP Swap earthy accessories for more bling in the evening.







The LEATHER trouser

WHY IT WORKS This season's leather trews are all about a loose fit. Whatever you do, don't channel the Beckhams circa 1999. TIP Add masculine elements like smoking slippers and a checked shirt.

The SUEDE trouser

WHY IT WORKS The ideal day-to-night trousers – just whip off that knit and swap it for a slinky camisole at cocktail time. **TIP** Metallic accessories complement midnight blue brilliantly.

your LOOK



The CHECKED trouser

WHY IT WORKS Checks are sometimes tricky to wear, so look for colours that blend in with the rest of your wardrobe. TIP Avoid pairing with Argyle prints: #accidentalgolfchic.



The JUMBO cords

WHY IT WORKS There's something retro-fabulous about super-sized cord, especially in a rich shade of rusty brown. TIP A multicoloured bag ties the look together.

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#SaySì



SHIRT £29.95, Gap

(gap.co.uk)

JEANS £25.99, Zara

(zara.com)

#ASK HENRY

Got a burning fashion question? Our columnist **Henry Holland** comes to the rescue with some spot-on style advice. Trust him – he's a professional

I'd like to invest in a camel coat because they never seem to go out of fashion. But how can I style it to look cool and this season?

BELINDA. CREWE

You're right, a camel coat will never go out of style. It's a great investment and a future family heirloom. Pair it with jeans and a white shirt, but add a more playful shoe and you'll be able to hold your own at PTA meetings or at the bar for a few cocktails.

COAT

£410, Harris

Wharf London (net-a-porter.

com)









I have an important job interview coming up. How can I dress to impress, without compromising my style? I don't normally wear heels or skirts... NATHALIE, BRIGHTON

A Job interviews are always a tricky one. You need to feel confident and amazing, but you also potentially want to portray a more 'elevated' version of yourself. Luckily for you, the mid-height heel – 3-5cm – is painfully cool right now, and I can tell a lot about a person when I've seen their shoes. So, invest in a great pair, wear them with your most 'l've got this nailed with my eyes shut' pants suit and – ta-da – you'll be scheduling in your induction in no time.

BOOTS

£79, Topshop (topshop.com)

I love the new-season trend for neckerchiefs and cravats, but don't want to end up looking like a boy scout. JENI, EDINBURGH

Surely everyone knows boy scouts are this season's muse? OK, just kidding. To keep the look feminine, pick lighter chiffons and silks, and play with length and shape. You can wear a neckerchief as a choker or just have a thin scarf hanging loose down to your waistband for a more rock 'n' roll vibe.





Scarlett and Kendall, left, do camel-coat casual

SCARF £68, Rumisu (boticca.com)

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1. RING £50, Pandora (pandora.net) 2. EARRINGS £69, Swarovski (swarovski.com) 3. EARRINGS £1,575, Rufier (rufier.com) 4. EARRINGS £550, Robinson Pelham (robinsonpelham.co.uk) 5. EARRINGS £105, Thomas Sabo (thomassabo.com) 6. EARRING £60, Jane Kønig (janekoenig.co.uk) 7. RING £39,90, Lola And Grace (lolaandgrace.com) 8. RINGS from £3,000 each, Jenna Clifford (jennaclifford.com) 9. EARRINGS £169, Sif Jakobs (sifjakobs.com) 10. RING £210, LeiVanKash (leivankash.com)

STYLING BY ROBYN KO













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PHOTOGRAPHS BY

JACK CLARK

STYLING BY

ROBYN KOTZE

DKNY £995 (dkny.com)

FROM YOUR

BORROW

BOYFRIEND

Clockwise from left, shirt, £35, John Lewis (johnlewis.com); jeans, £44.95, Gap (gap.co.uk); earrings, £89, By Malene Birger (bymalenebirger.com); rings, worn throughout, model's own. Sweater, £243, J Won (j-won.com); skirt, £257.86, Tibi (shopbop.com). Top, £690, Victoria Beckham (020 7042 0700); jeans, £44.95, Gap. Sweater, £35, Marks & Spencer (marksandspencer.com); jeans, £69, COS (cosstores.com); shoes, £140, Whistles







BEAT THE Chill

Clockwise from left, shirt, £439, Rejina Pyo (harveynichols.com); trousers, £29.99, Mango (mango.com); shoes, £495, Jimmy Choo (jimmychoo.com). Shirt, £340, Equipment (joseph.co.uk); jeans, £58, Waven (waven.co.uk); boots, from a selection, Marella (marella.com); earrings, worn throughout, model's own. Sweater, £366, Equipment (harrods.co.uk); jeans, £44.95, Gap (gap.co.uk). Jacket, £459, Rejina Pyo (020 7351 3873); trousers, £25, Marks & Spencer (marksandspencer.com); shoes, £95, & Other Stories (stories.com)





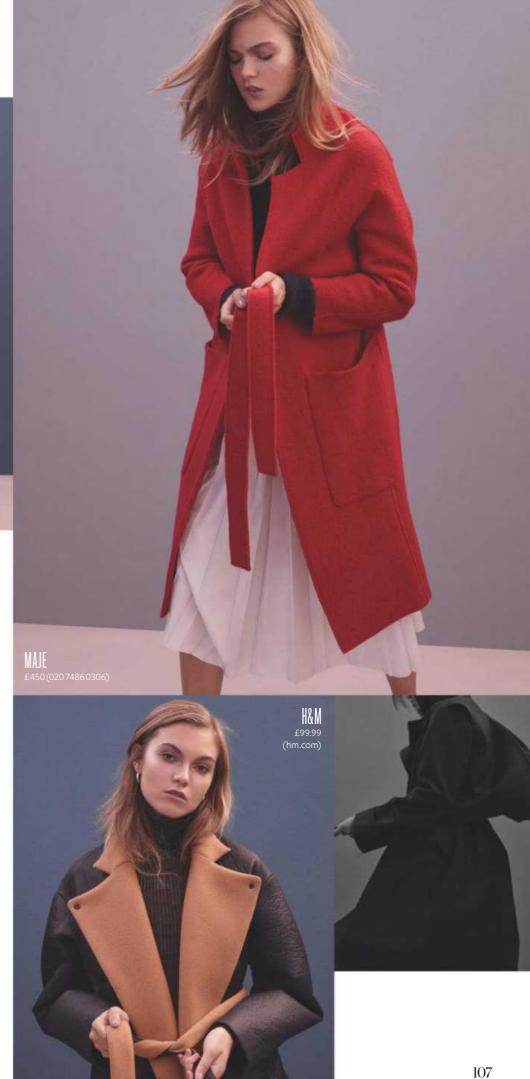






KEEP IT **BELTED**

Clockwise from left, skirt, £400, Awake (harrods.com); shoes, £150, COS (cosstores.com). Sweater, £383, Suno (sunony.com); skirt, £89, Finders Keepers (harveynichols.co.uk); boots, from a selection, BOSS (hugoboss.com). Sweater, £385, Suno (sunony.com); skirt, from a selection, Toga (toga. jp). Sweater, £30, ASOS (asos.com)





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PIMP THE PARKA

Previous page top, £247, Awake (avenue32.com); trousers, £45, Marks & Spencer (marksand spencer.com). This page, clockwise from above right, sweater, £446, Suno (sunony.com); trousers, £28, Next (next.co.uk); necklace, model's own. Sweater, £135, and skirt, £122, both Keepsake (veryexclusive.co.uk). Long waistcoat, £164, Keepsake (veryexclusive.co.uk). Whistles (whistles.com); socks, £9, Falke (falke.com)









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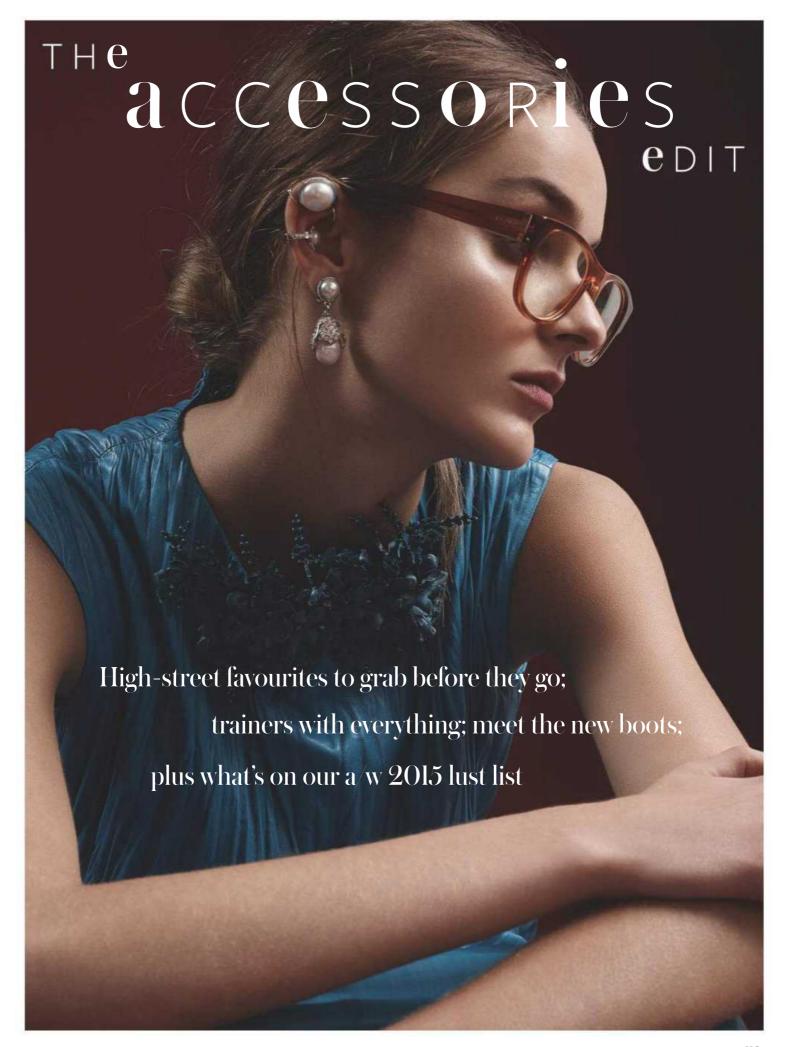
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LACQUER SHADES LEFT TO RIGHT: A GREAT OPERA-TUNITY . IT'S A PIAZZA CAKE . WORTH A PRETTY PENNE . TIRAMISU FOR TWO . AMORE AT THE GRAND CANAL . GIMME A LIDO KISS . BE THERE IN A PROSECCO . I CANNOLI WEAR OPI . O SUZI MIO . MY GONDOLA OR YOURS? THE SPOT . ST. SHOPPING! BAROQUE...BUT



HIGH

STREET

Pying for hot new boots or a seriously cool clutch? Here's our fashion-forward picks









THE MAKER OF LINGERIE SINCE 1886





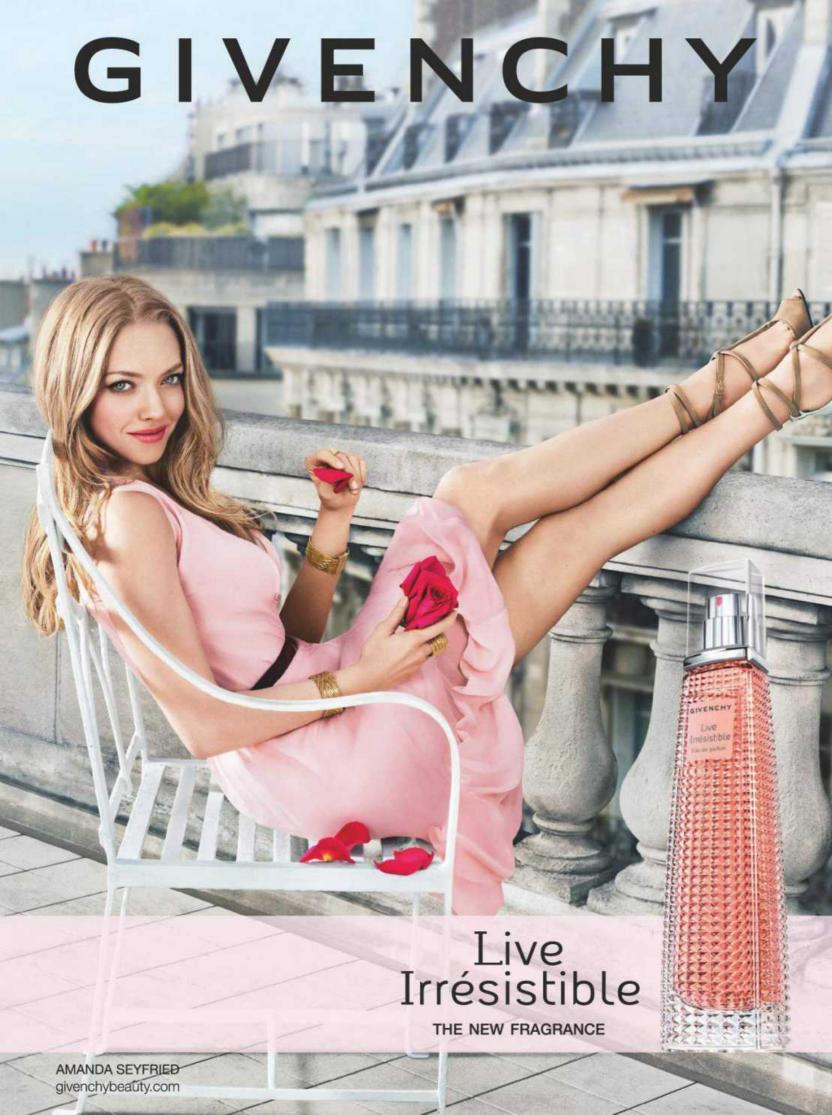


MARIOS SCHWAB FOR FIORELLI

- EXCLUSIVE PREVIEW AT FIORELLI.COM -

This exciting designer collaboration brings together two of fashion's favourites, the highly respected Marios Schwab and one of Britain's best-selling handbag brands Fiorelli.







[THE EDIT]
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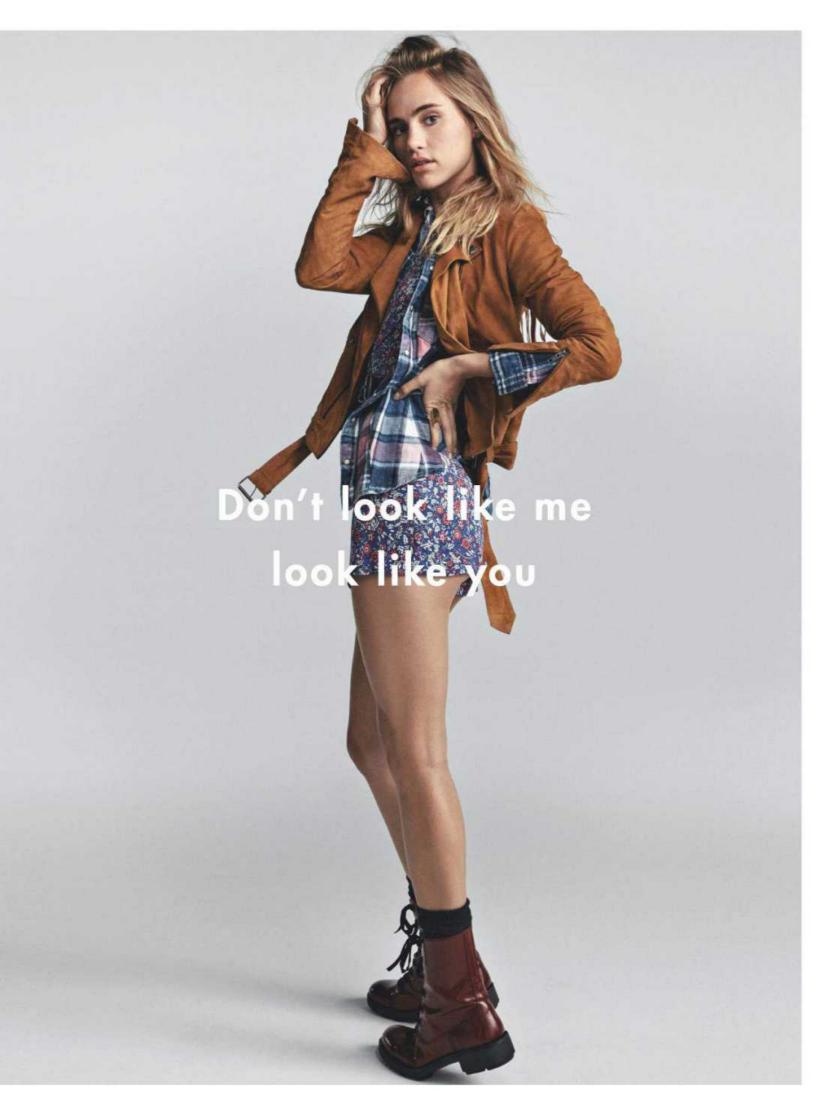




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It's official: 2015 is the year of the trainer, and our go-to girl for advice on how to wear them is Hannah Rochell - InStyle's fashion features editor and a flat-shoe obsessive (her trainer count now stands at 30). Here, she sets out her flats philosophy and shares her top tips for styling up sneakers

USE THEM TO DRESS DOWN A POSH SKIRT

When they're showing trainers on the couture catwalks at Dior and Chanel, you know that gives you licence to go a little more comfy with the footwear you pair with a posh skirt or frock. Choose a matching shade and your trainers will blend perfectly into the rest of your outfit. But beware: if you're brave enough to wear trainers to a wedding, you WILL be expected to throw all the best shapes on the dance floor.

KEEP CULOTTES GOING **BEYOND SUMMER**

If you grew attached to your culottes this summer, the good news is that they look even better with trainers than Birkenstocks Choose a basketball style, like Adidas Superstars, right, or Puma Suedes, for an old-school vibe that's slightly more flattering on the leg than a running trainer, as the shoe doesn't come up as high on your leg, giving the illusion of length.



MAKE LIGHT WORK OF A BUSY DAY

Running shoes are really practical if you're on your feet a lot at work. Don't get me wrong - I'm not suggesting you wear your grubby, tightly laced gym shoes with your office attire. (I find that look upsetting as I pass it on the escalators on a daily basis.) But if you're into comfort, why not buy some awesome commuter trainers and then just leave them on for the whole working day? It saves lugging around an extra pair of shoes in your handbag.



Stan Smiths are the most popular tennis shoe ever for good reason (they're super chic), but I also like Lacoste's Premium Straightset sneakers and Northern Cobbler's Stonefish trainers for something slightly more off the radar.

PAIR SKATE SHOES WITH LITERALLY ANYTHING

A plain white skate shoe, like these Vans (below), is about as chic as a sneaker can get, and has the added bonus of being the lazy girl's trainer of choice (no laces!). Look for styles with little or no branding, and if they're leather, all the better. The perfect partner for a midi skirt and your best winter coat.



A lot of people are scared of wearing trainers with skirts because they think it'll make their legs look cut off at the ankle. At 5ft 3in, I hear you, but a good trick to counteract this is to find some Velcro trainers, like Marni's Chasteltons,



see previous page, which expose the top of your foot. This creates the illusion of a longer leg and is therefore way more flattering. Nike's Air Rift trainers are also a great option, particularly in black as they're easy to integrate into your everyday wardrobe.

SHOW THEM OFF WITH TURN-UPS

If you're investing in designer trainers, make sure you show them off by turning up the hems of your jeans. This is a rule I apply to all types of flat-shoe dressing. Plus turn-ups reveal your ankles - another trick for a more flattering line. It also looks much more chic, and means you can add a pair of snazzy socks in the winter.

> REMEMBER, YOU CAN STILL BE A GIRLIE GIRL

One of the great things about trainers being a huge trend is there is so much more on offer for women right now. Not only are brands starting to make their masculine styles in smaller sizes (I am so happy about this), but there's a lot more femininity in their lines, too (and not in a soccer-mom way), with Liberty collaborating with Superga, Vans, Victoria and Nike to produce trainers covered with beautiful floral prints. Oh, and let's not forget Chanel's ladylike tweed trainers, as seen on Susie Lau, left.

En Brogue: The Trainers Guide by Hannah Rochell is available from all good book stores and Waterstones.com from 22 October (£10, Saltyard Books). You can read Hannah's blog at enbrogue.com



'A plain white skate shoe is about as chic as a sneaker can get'

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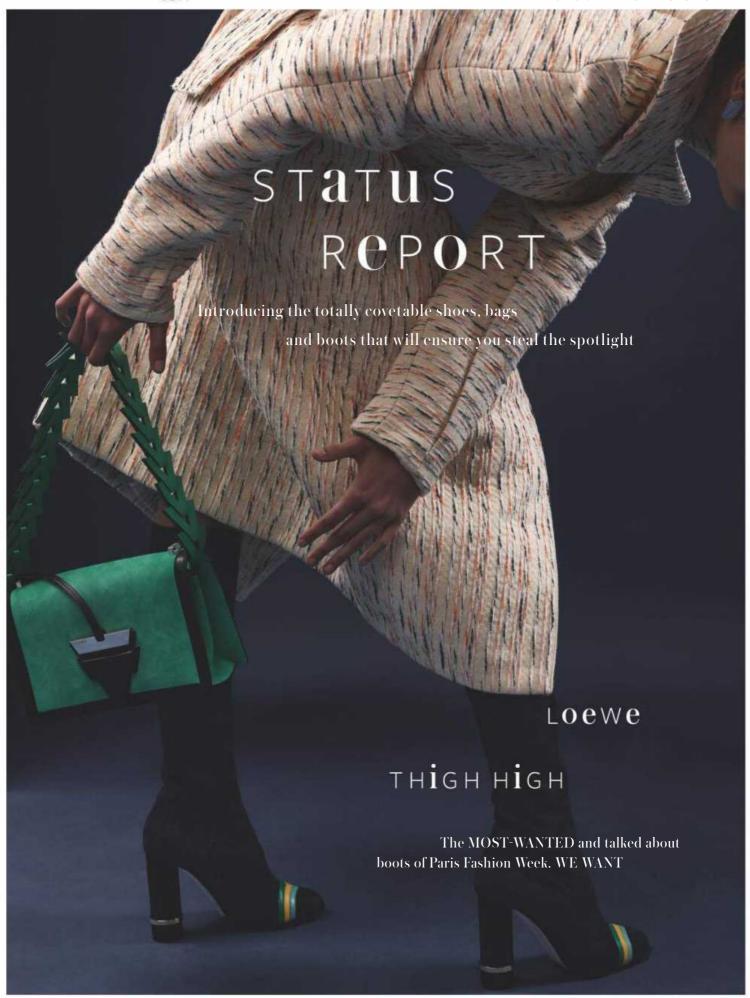
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THE NEW

GOTHIC DRAMA

Actress, art aficionado and music lover: there's way more to Emily Ratajkowski than *that* music video



<u>'My go-to look is wannabe French</u> girl — I love understated and retro'





EMILY RATAJKOWSKI



'It's weird that a

woman's naked body is controversial'



WORDS BY
MONICA CORCORAN HAREL

ever set your watch by a movie star, they're always late. And on a recent afternoon in Los Angeles, Emily Ratajkowski is no exception. But unlike most tardy actresses, who sweep in dramatically and blame traffic, the international bombshell is personally texting me frantic apologies and updates on her whereabouts. 'I'm five minutes away!' 'So sorry about making you wait!' Trust me, this does not happen in Hollywood. And when she does finally show up an hour late to our lunch date at the hip Ace Hotel downtown, the woman who's been hijacking scenes in high-profile movies such as *Gone Girl* and *Entourage* offers up a ridiculous excuse: 'I was cleaning my car!'

Now, to be fair, Ratajkowski had the time for our interview written down wrong and, clearly, she feels horrible about it. (She apologises six more times in the first minute after she arrives.) But really, hasn't the voluptuous brunette who made a worldwide splash by gyrating in the insanely popular *Blurred Lines* video and who co-stars with Zac Efron in the new film *We Are Your Friends* ever heard of a car wash? 'My boyfriend's mum is coming to visit today and my car was really messy,' she explains, rolling her exotic coffee-brown eyes. (Her beau is musician Jeff Magid, by the way. We'll talk about him later.) Like how bad? She ticks off a list that includes 20 pairs of shoes, lots of dirty coffee cups, a parking ticket from 2011 and an old picnic blanket. 'I emptied out two trash bags of stuff,' she says. 'I might look pulled together, but it's a miracle because I'm a really messy person.'

That sounds hard to believe. On this afternoon, Ratajkowski looks effortlessly, off-duty stunning even though she's fresh out of the shower. Her hair is still dripping wet and her face is completely make-up free. She's wearing faded, high-waisted jeans by Frame, which she recently hemmed herself, and a Reformation white T-shirt with flat nut-brown sandals that match her Marc Jacobs bag. It's a tame look compared to her typically racy red-carpet outfits that highlight her long lean legs or showcase major cleavage. Still, heads swivel as we saunter through the bistro. Even flying under the radar, sultry, dark







EMILY RATAJKOWSKI

Ratajkowski stands out in a city known for honey-blonde highlighted beauties. Years of modelling have perfected the 24-year-old's easy gait but she comes off as more calm and self-assured than aloof.

Gone Girl director David Fincher once summed up her appeal pretty perfectly: 'She was just incredibly mature. She wasn't smitten with being the girl of the moment.' If anything, in fact, she's now making career moves to ensure her staying power. 'I'm not looking to play the pretty-girl type that you would expect from a model turned actress,' she says, as soon as we settle on a velvet settee. Ratajkowski curls up like a sleek cat, with her long legs folded beneath her. 'I want to surprise people. Maybe play the weird girl. It takes fighting for, which I'm prepared to do.'

She surprises me throughout our lunch. First of all, she's girlie and even a little goofy. 'I'm not scared of you,' she says with a throaty laugh when I apologetically lean in closer to hear her better. After ordering a huge crispy fried chicken sandwich - that's not typical movie star behaviour either - and an iced coffee, she digs in and warns me, 'Look out. My friends call me a baby dinosaur because I'm always knocking into things and spilling on myself.' From there, we get to talking about her sexy strutting and pouting in Blurred Lines, which has been watched more then 400 million times on YouTube. 'I wasn't into the idea at all at first. I think I came off as a bit annoyed in the video,' she admits. 'Now, it's the bane of my existence. When anyone comes up to me about Blurred Lines, I'm like, are we still seriously talking about a video from three years ago?' FYI: in the unrated version, she and the two other female models are topless. She doesn't want to comment on the song's sexist lyrics that caused a stir - 'I didn't write the words' - but she's quick to say that she's never been shy about baring her body. She posed nude for the cover of the LA men's erotic magazine Treats in 2012 and appeared semi-naked in Gone Girl.

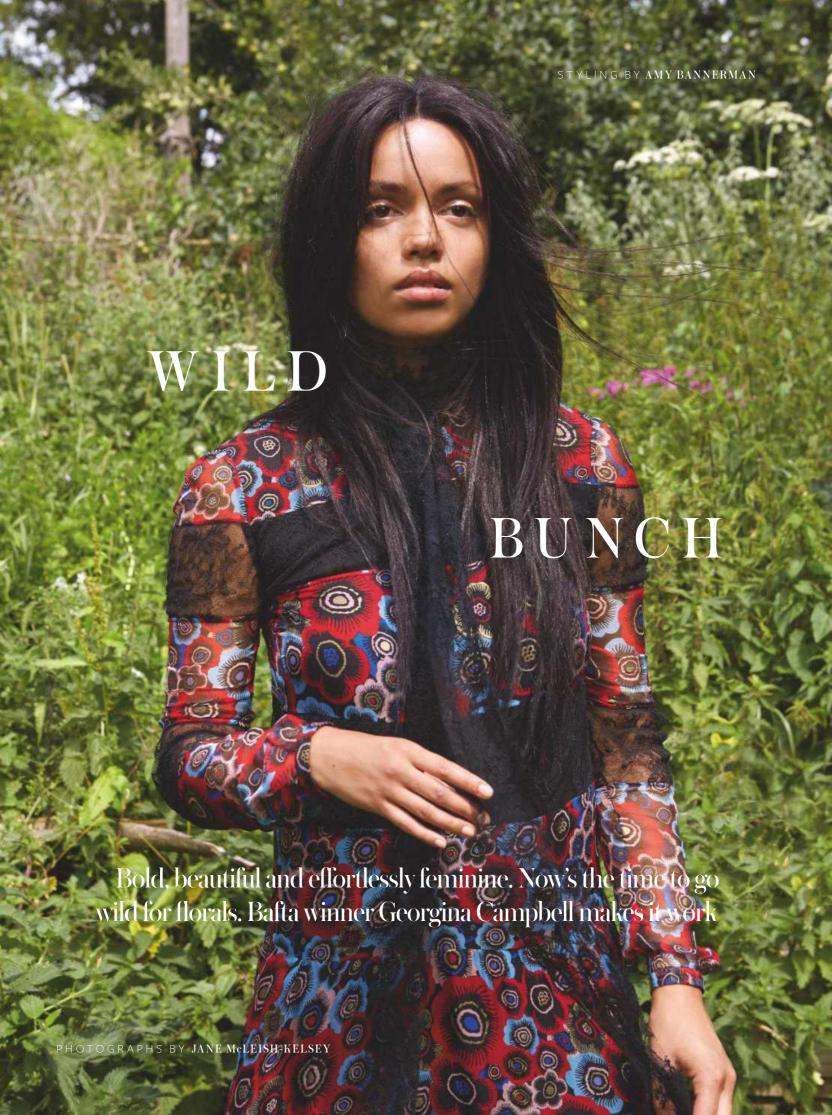
'It's weird to me that the reaction to a woman's naked body is so controversial in our culture,' says the actress, who was born in London and moved to a sleepy beach town in southern California at the age of five. Her bohemian upbringing as an only child with older progressive parents – an English professor named Kathleen and JD, an artist – included lots of trips to County Cork, Ireland and summers in Majorca, where everyone sunbathed topless. 'My mum taught me to never apologise for my sexuality. My dad never made me feel embarrassed,' she says, proudly. 'I also don't think I've ever had an awareness of my own body as being super-sexual. It was always just my body.'

Take a peek at her Instagram feed and you'll see that lack of self-consciousness in shots of her wearing tiny bikinis and low-cut tops. It's no wonder she has 2.9 million followers. Does she ever look in the mirror and moan? 'Sure. There are things I don't like about my body, like that part of my thigh beneath my butt. But my friends will say I'm crazy and I know it's just my perception,' she says. 'You can't beat up on yourself.' To stay fit, she swims, hikes and does a lot of yoga. Diets don't work because she doesn't deprive herself: 'I don't weigh myself either. If I'm feeling lousy, I'll watch what I eat for a while.'

Ratajkowski may look like a modern-day Sophia Loren, but she's become a style icon among social media fans for dressing like a young Brigitte Bardot. 'My go-to look is definitely wannabe French girl feminine, but just super, super cool. I love understated and retro,' she says, and names an eclectic round-up of favourite designers that include Dries Van Noten, The Row, Marc Jacobs and Valentino. For the red carpet, she works with celeb stylist Tara Swennen who also dresses Kristen Stewart. Her fashion MO is to play it 'fun' with pops of bright colour like the ultra-sultry emerald green Fausto Puglisi frock she wore to the MTV Movie Awards this year or the marigold Cushnie et Ochs fitted sheath with a plunging neckline she chose for InStyle's pre-Bafta party back in February. She likes to keep her beauty look streamlined though. 'Hair and make-up always kill me,' she says. 'I have really big features and a lot of make-up artists get carried away and make me look like a drag queen.' Along with models of the moment Bella Hadid and Hailey Baldwin, Ratajkowski wore bespoke Topshop to the 2015 Met Gala. 'I really appreciate design and I love nice things, but the whole brand factor has never meant a lot to me,' she says. Case in point: her favourite stop when she visits her native London is Shoreditch for the vintage shops. 'I'm not into labels. You'll never find me in a picture in front of like a Mercedes Benz. I still drive my Nissan Versa.'

Make that a very clean Nissan Versa, which brings us back to Ratajkowski's boyfriend Magid. She smiles when she talks about the musician and former professional poker player she met through mutual friends and started dating late last year. They now live together downtown. 'We found out that we had all these similarities. We both love art and music. Our mothers are professors and he's an only child too,' she says. What does she most appreciate in a man? 'I've never dated guys who are hunky in pictures. I look for kindness, which is way underrated. I like someone who will split his lunch with you,' she says. Her only relationship rule is to communicate: 'I'm not always the best at that, which is funny because I'm pretty emotional and I talk a lot. But I have learned that you have to talk about things that bother you, even if you don't want to bring them up. If you have a good partner, he will listen.'

Before she leaves, I ask her about the recent reports that the two got engaged. She hoots. It's clear that Ratajkowski has a good attitude about the toll of her newfound fame. 'Wow. That's news to me,' she says, before she hugs me goodbye and apologises one last time for being late. 'People make up stuff all the time. Apparently, I love to bake and I'm really into astrology too.' \square





 $\label{eq:This page, dress, £2,560, Emilio Pucci (emiliopucci.com); scarf, £195, \\ Liberty London (liberty.co.uk). \textit{Opposite page, dress, £6,875, Valentino (020 7235 5855)}$

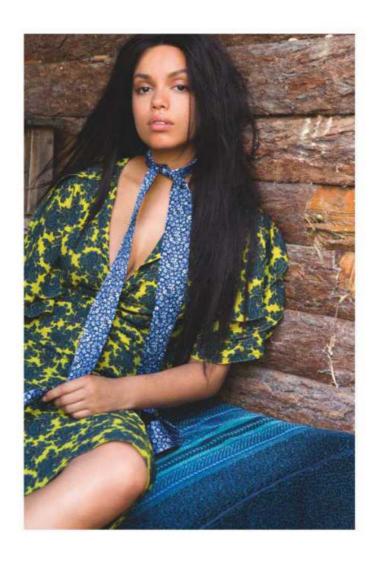


This page, dress, from a selection, Ulyana Sergeenko (ulyana sergeenko.com). Opposite page, dress, £1,505, Sportmax (020 7499 7902); coat, £2,730, Antonio Berardi (antonioberardi.com)





GEORGINA CAMPBELL



This page, dress, £1,390, Michael Kors Collection (michaelkors.com); scarf, £350, Derek Rose (derek-rose.com). Opposite page, top, £350, Natasha Zinko (020 7499 5925); trousers, £364, Marques'Almeida (matchesfashion.com)



This page, dress, £1,830, Marni (020 7245 9520). Opposite page, coat, £828, Suno (sunony.com); dress, £8,720, Roberto Cavalli (020 7823 1879)

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o, I was 16 and standing on Tottenham Court Road, when this woman came over and asked me if I was an actress.' Georgina Campbell is telling me about how she went from schoolgirl to Bafta winner in just a few years. 'She wanted me to audition for an online drama she was directing. I had time to kill, so I thought why not?' The online drama, MySpace's Freak, went viral and, bitten by the acting bug, Kent-born Georgina headed to Royal Holloway to study film and got herself an agent. Then, in 2014, she landed a role that would be a total game-changer – Ashley in Murdered By My Boyfriend, a harrowing true story that made her the surprise winner of a Bafta, beating household names including Sheridan Smith and Keeley Hawes. So, what's happened since then? Here, she talks parallel worlds and eating ice lollies with Jude Law...

That outdoor bath on the InStyle shoot looked pretty cold...

'It was freezing. I couldn't stop shrieking and giggling when I got in.' What pieces did you want to steal from the shoot?

 ${\rm `Iloved}$ the Cavalli dress with the beautiful red beading and the Suno floral green coat. That was such a cool look.'

Is it quite different to your day-to-day style?

'Absolutely. I'm definitely not that fashion forward. Today, I'm wearing Topshop dungarees and a plaid shirt. It's very farmer girl.'

Have you splurged on anything to celebrate a role?

'No, but my friend who works in costume bought a Miu Miu bag when she finished a job last week. Maybe I should follow her lead.'

Your hilarious reaction upon winning a Bafta for *Murdered By My Boyfriend* went viral on Twitter...

'It was such a shock to win. After I accepted my award, I had a bit of a panic attack and had to call my mum. It was very un-cool.'

You bagged your first film role in Guy Ritchie's upcoming Knights Of The Roundtable: King Arthur. Was it daunting?

'It's very different to TV. The sets were huge and really beautiful. We also did some epic shots in Snowdonia.'

How was working with Jude Law?

 $\label{eq:continuous} Fantastic.\ One\ day\ it\ was\ really\ hot\ and\ he\ gave\ me\ a\ Fab\ ice\ lolly.\ He\ had\ one\ for\ all\ the\ crew,\ but\ maybe\ I\ should\ pretend\ it\ was\ only\ for\ me!$

Was Blake Harrison just as nice on the set of Tripped?

'He's the funniest person ever. I used to watch *The Inbetweeners* at uni with my guy mates, so they were very excited. *Tripped* is a comedy drama and I play Kate, whose boyfriend Danny [Blake] finds himself tripping into parallel worlds with his best friend Milo and being chased by an assassin [Richard Gadd]. It's quite bizarre.'

What do your family make of your success?

'They're always like, "Oh god, you're on the telly again", but they're very supportive. My mum records everything I'm in on VHS. Like, who still has VHS? I told her it's all online now, but she still tapes it.' Tripped *will be on E4 this autumn*.



Their studio is filled with flowers, they go on holiday together and take wine breaks at midday. Meet Alessandra Facchinetti and Caroline Issa – the most chilled-out women in fashion



In Love Again and I Say A Little Prayer. It even

smells great in here. To be honest, it's not what

I expected from a fitting a couple of days before a big show. These affairs are usually pretty manic. The main focus in the room, as well as the model trying on the clothes, is Tod's creative director Alessandra Facchinetti and her stylist, Caroline Issa. Facchinetti is dressed in navy trousers and a white shirt, and with rock 'n' roll smoky eyes and her hair tucked into her collar, she looks much like the model in front of her. Issa, in a denim shirt, white trousers and bold red lipstick, is busy, but by no means frantic, laughing as they discuss the shoes that only just arrived this morning.

Facchinetti does as much tweaking of collars and sleeves as Issa, and when they both pour themselves a large glass of organic red wine just after midday (in close proximity to the garments that

will be paraded down the catwalk in a couple of days - yikes!), I feel like I've already got a grasp on this working relationship. Or rather, this working friendship. Facchinetti cut her teeth designing at Prada, Miu Miu and Gucci before becoming creative director at Valentino in 2007. But it's at Tod's that she has really made her mark, and, with three acclaimed collections for the leather house under her belt, seems perfectly at ease as she surveys her fourth coming together. Issa is far more than just a stylist; a Canadian-born business advisor turned fashion director (she's chief executive and fashion director of Tank magazine), she's also a firm favourite on the street-style circuit. I caught up with them again the day after the show to talk about babies backstage and buying the same clothes. >

Tell me how you first met and when you first started working together...

Alessandra: 'You tell it!'

Caroline: 'No, you! OK, I met Alessandra when she was working with Pinko doing Uniqueness [a fashion technology project], and somebody said, "You should go see this thing, it's an incredible concept." I fell in love with the clothes first, and then I met the woman, and I fell in love with the woman.'

A: 'Can't stop the love.'

C: 'And we kept in touch and became friends.'

A: 'I think this is the difference with what we do and the way we discuss things; it's always very natural, so we're

working but we share a vision and ideas. It's more like talking with a friend than asking someone to come and work with you. I think that's very important because it's more real, and that comes through in the clothes.'

C: 'She's incredibly brave. I'm not a traditional stylist. We think about what we would want to wear, and what the chic women we know want to wear, so in that sense it's a really lovely way to work because you're designing for everyday life. But because it's Tod's, it's coming from this beautiful, culturally aware place of inspiration.'

So would you say that the Tod's woman is a combination of you two?

A: 'Oh my god!'

Both: 'Hmm...'

C: 'I don't know.'

A: 'I mean [pointing at Caroline] she wears everything so it's difficult to say.'

C: 'I don't think I'm allowed to wear everything!'
A: 'She looks good in everything. I think we try to think about what we like and in the end, yes, of course, we feel close to what we do and that is important.'

Caroline, at what stage in the design process do you get involved?

A: 'Right at the beginning.'

C: 'Yeah, I'm incredibly lucky. I get to be involved at the early, early stages. Alessandra has initial feelings and thoughts, and we're always in contact. Then I come in and we talk through colours and fabrics, and all these amazing ideas, and try to get a direction going. Which is such a privilege because I get to see her whole process right through to the end when we actually put things together. It always gives me the shivers, it's amazing.'

Do you think that a woman designing for a woman is different to a man designing for a woman?

A: 'I think it is. I think the clothes are important, but the way things have to be analysed is deeper. I think a woman prefers to feel something that only us women know. And it's something more intimate, less superficial. Fashion today is less superficial.'

Right:
Alessandra
does as much
tweaking of
collars and
sleeves as her
stylist Caroline;
below, the rails
of gorgeous
garments ready
and waiting to
be showcased
at Milan
Fashion Week



C: 'Coming at it from an editorial point of view as well, there has to be a realism to it, which is why I think female designers tend to be incredibly successful today. They know that we're running around from desk to cocktails, and what the pieces are that we're going to want, and love and use the most.'

Is that why you create a lot of separates, so it's

something that women can introduce into their own wardrobes easily?

A: 'Exactly. It's very flexible, the way that you can play with clothes, and today, if you buy something, you buy it because you know that you can use it in many different ways. If I go out and buy something, if I have to spend money, I want to be sure that I can really use it more than just once or twice.'





A THOUSE A WIND TO THE A WIND

Caroline is

involved at a very early stage, talking through

ideas, colours and fabrics with

Alessandra,

so she gets

whole process through to the end design

Are you quite similar in the way that you work, or are you opposites and that's why you work well together?

A: 'We're very similar, in a way.'

C: 'Kind of super-similar.'

A: 'Yeah, super-similar...'

C: 'It's amazing. We send pictures to each other, or we'll meet up and we'll have bought the same item of clothing within three days of each other. It's so funny!'

A: 'Incredible.'

C: 'I guess it shows a similarity of taste, but we're also different in how we approach things, which is why I think it has worked really well so far.'

So who keeps their head in a crisis? Or is there never a crisis?

A: '[Caroline] says we are different because she is always very calm, she's got that zen, and we need that. I need it, actually. She really takes everything under control, so even in the most stressful moments, she's great. If she's calm, I'm calm.'

You seemed very calm backstage at the show yesterday.

C: 'We've been lucky. I think the stressful moments are small. At the end of the day, we're going to create something beautiful. She's made the most beautiful clothes. But it's just clothes, it's just fashion. It's fun.'

A: 'We have fun.'

Do you have the same sense of humour?

C: 'Luckily, yes!'

A: 'Yeah, absolutely.'

Do you have much time to hang out together? What did you do after the show yesterday?

C: 'We had a really quiet dinner with friends.'

A: 'We tried to escape and stop.'

C: 'We sometimes get to travel together. We had a nice inspiration trip to Istanbul at the beginning of the year.'

A: 'We had four days in Istanbul, which was amazing.

Travelling together is fantastic. She walks a lot, I walk

lot. That's good because when you have to travel, you never know where you are with friends...'

C: 'Like who's slow, who shops for a really long time...'

I noticed yesterday that there were lots of women behind the scenes. Is that a conscious thing – to employ a team

of females – or do you think you just attract lots of creative women? One of the models even had her baby with her.

A: 'Two of them did. It wasn't intentional, it just naturally came together like that. Even my team is women. It's natural. It creates a nice atmosphere. Everyone is very open and relational.'

C: 'It's a really lovely environment. You enter into the studio space and it even smells great, there are always beautiful flowers. It really helps us translate [Alessandra's] vision and I think that's such a great asset to have.'

Do you see yourselves as role models for women? Inspirational?

Both: 'No, not really.'

A: It's wonderful if that happens though.'

Phoebe Philo Stella McCartney Vivienne Westwood Roksanda Ilincic Sarah Burton Anya Hindmarch Victoria Beckham Simone Rocha Isabel Marant Natalie Massenet Donna Karan Miuccia Prada Jane Shepherdson Luella Bartley Katie Hillier Mary Katrantzou Clare Waight Keller





Sisters Are Doin' It For Themselves might have fallen out of fashion as a karaoke classic (it was released in 1985, after all), but as a sentiment, it has never rung more true – particularly with reference to the fashion world. The commercial success and influence of designers such as Phoebe Philo, Stella McCartney, Vivienne Westwood, Roksanda Ilincic, Sarah Burton, Anya Hindmarch, Victoria Beckham and Simone Rocha is well documented. And those are just the British names.

To list all the foreign female designers currently at the top of their game would take too long. Why so many, why so popular, and why now? 'They really understand what women want, and represent the many faces of our customer,' says Alison Loehnis, president of Net-A-Porter.com, who cites Chloé (designed by Clare Waight Keller), Stella McCartney, Victoria Beckham, Isabel Marant and The Row as perennially popular female-run labels. 'Something true of all these designers is that every season, no matter the customer's mood or lifestyle, she can find something that works.'

'Female designers understand women's bodies, comfort levels and lifestyles more intuitively than male designers,' says Ruth Chapman, joint CEO of Matches Fashion. 'You can always find the perfect-fitting dress or suit – they've grown businesses on the reliability of their cut and the customers know they will always be flattered. The best male designers employ female pattern cutters to help them arrive at the perfect fitting of a garment.'

Undoubtedly, designers such as Vivienne Westwood, Donna Karan and Miuccia Prada paved the way, but it feels as though things changed significantly after the twin successes of Stella McCartney and Phoebe Philo. In their own way, both championed a new, looser, more relaxed aesthetic that was far removed from the sexed-up vision of womanhood that had previously dominated, and had been largely peddled by men. Here were modern women designing from a female point of view, creating clothes that fitted seamlessly into their busy lives. Like Victoria Beckham and Roksanda Ilincic, they are the best advertisement for their brand.

But it's not just female designers who are making a splash: women are also increasingly contributing behind the scenes. London Fashion Week has repositioned itself brilliantly under the adroit guidance of Caroline Rush, CEO of the British Fashion Council, who with chairman Natalie Massenet has installed a series of 'pillar presidents' to oversee specific areas of expertise. Many of these presidents are female. And women aren't just dominating in high fashion. A slew of female British retailers are changing fashion at a mid-market level, too, led by innovators such as Jane Shepherdson, CEO of Whistles, and Karen Downie who, with two female friends and business partners, launched Finery London earlier this year. Their focus? Good design, competitive price points and a broad point of view. Sir Philip Green might

started in 1913 by her grandfather) and its diffusion line Miu Miu, which she launched in 1993. This season, she blew us away at Prada with neoprene trouser suits and babydoll dresses in delicious pastel shades and 'scuba' boots.

own Topshop, but it's the mighty triumvirate of Mary Homer (managing director), Kate Phelan (creative director) and Jacqui Markham (global design director) who steer the company. It is little wonder, then, that more faceless, less nimble brands such as Gap are struggling.

Increasingly in fashion, it seems as though women actively prefer to work with other women. Roksanda Ilincic claims that, while she didn't specifically go looking for a female investor, 'I must admit, this is what I was hoping for. She is such an engaged, intelligent woman.' Ilincic is referring to Eiesha Bharti Pasricha, who bought a minority stake in Roksanda in 2014. 'Her passion and her connection with fashion have many great advantages.'

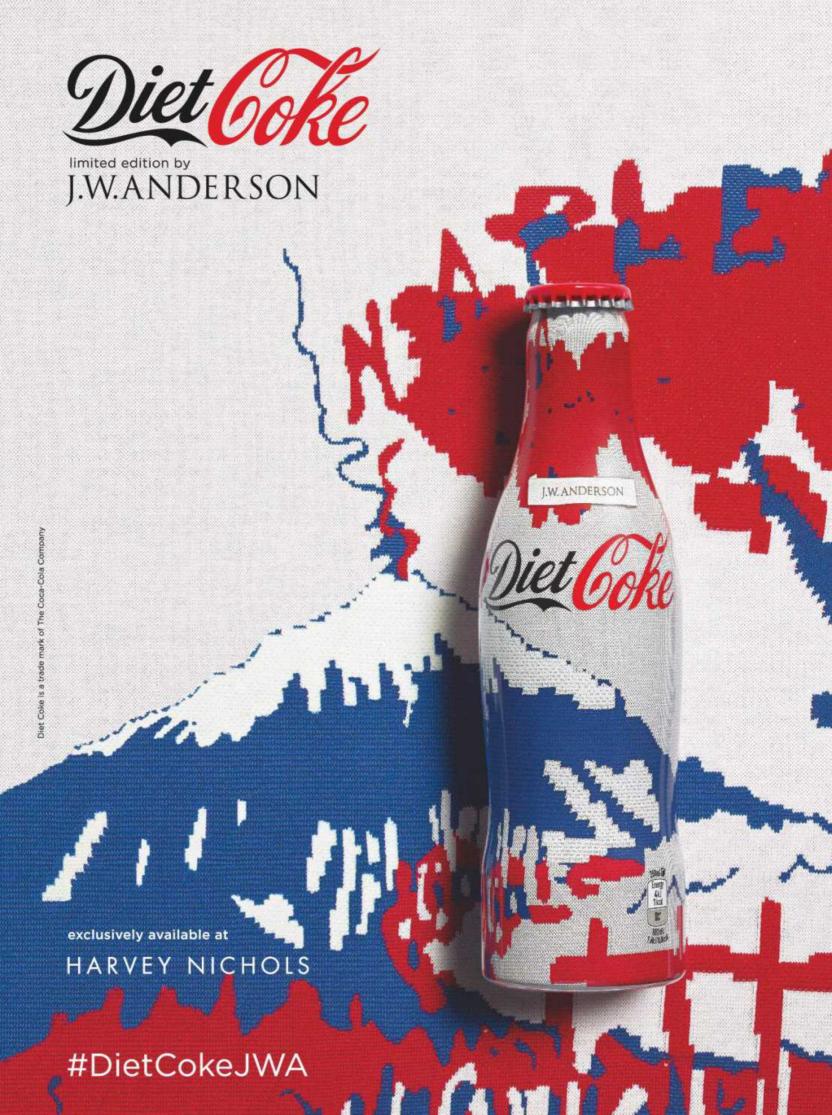
'There are more women working in key roles and sitting on boards than ever before, and so many female entrepreneurs using their creative and analytical skills to build new start-ups and carve roles for themselves in a confident way,' agrees Chapman. 'Recently I was very proud that when I sat round the table with our senior leadership team, the balance of men and women was pretty much 50/50. That is a great thing.'

'Having women at the top of an organisation sets a certain precedent that attracts other talented women,' says Alison Loehnis, who adds that while Net-A-Porter.com hires on 'a meritocratic basis', the company is 60:40 women to men across the business.

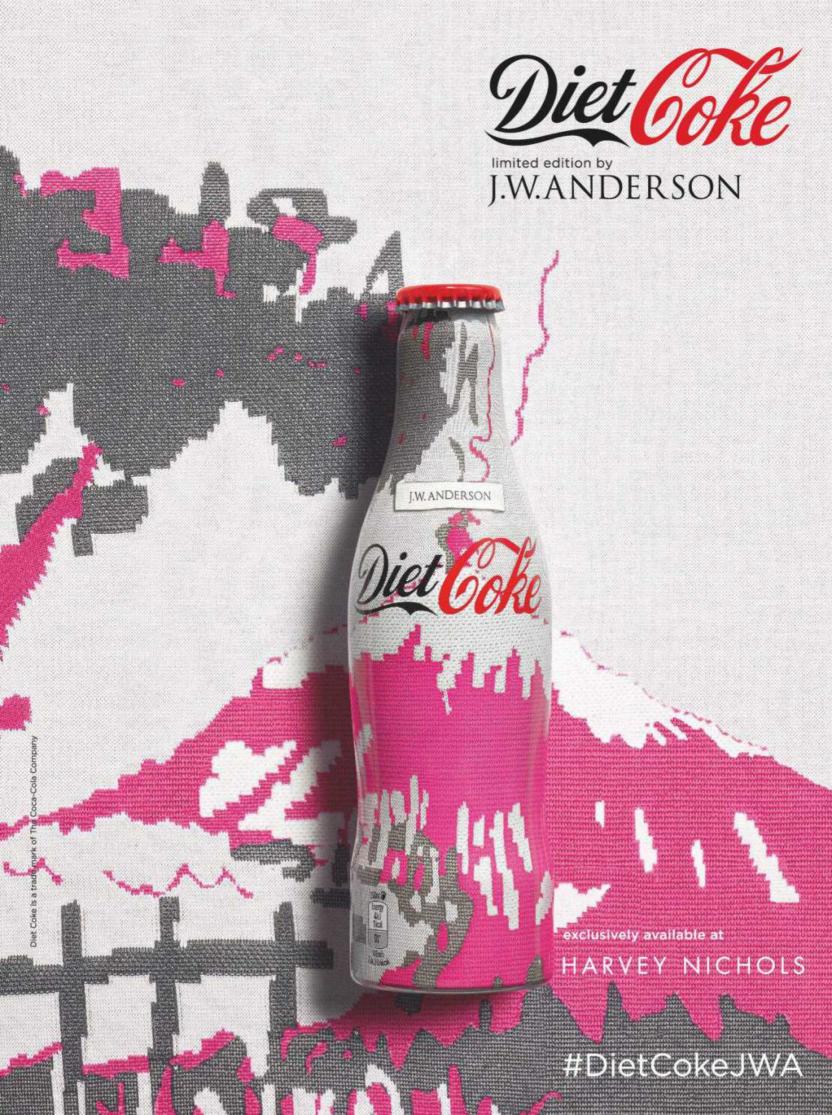
Do women design better for other women than men do? I think they design differently,' says Luella Bartley, whose new label, Hillier Bartley, launched last month. 'Women can be very single-minded about what suits them, but it doesn't necessarily suit everybody. It's all based on personal taste.'

That Bartley runs the label jointly with her friend Katie Hillier feels at once a very modern and very female thing to do: they both have busy lives (Bartley has three children; Hillier consults for Marc Jacobs, and travels to New York every month), so it makes sense to share the workload. After all, as any woman will tell you, it's never the 'day job' itself that is the problem: it's all the other jobs – and roles – that a woman has to fulfil in life. The nomadic, fast-paced, 24/7 nature of fashion is a particularly challenging environment for any woman who also has to juggle other roles.

'It can still be difficult,' Chapman agrees, 'but I really believe that confidence is all, and when we harness it, we can now do anything we want.' Let's hope so. Because really, it shouldn't be any other way. \triangleright











PHOEBE PHILO

The creative director of Céline started out as Stella McCartney's assistant at Chloé in 1997, before becoming creative director herself when McCartney left to start her own label in 2001. She took the helm at Céline in 2008 and is a firm favourite with fashion editors, her often minimalist collections receiving critical acclaim season after season. It's no understatement to say that her designs shape the direction of your own wardrobe and those of most of the people around you; Philo has a huge influence on what ends up on the high street. She's also a style icon herself, her footwear in particular sparking off mini trends of their own - Adidas Stan Smith became popular and enjoyed a renaissance last year shortly after Philo was pictured wearing them.

Sharp tailoring, zingy

colours and minimal designs

are Beckham's DNA





VICTORIA BECKHAM

Back in the days of Spice Up Your Life, we never would have seen this coming. Not only did Mrs David Beckham turn her hand to designing clothes in 2008, but it turned out she was good at it. She won over the fashion press from her very first collection, and her eponymous label is now one of the most hotly anticipated shows at New York Fashion Week.



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MARY KATRANTZOU

Katrantzou, who is originally from Athens, Greece, graduated from Central Saint Martins in London in 2008 and by 2011 had won the British Fashion Award for emerging talent. Her designs always $\,$ focus on texture (she once made a pencil $skirt\,out\,of\,actual\,pencils)\,but\,are$ surprisingly wearable; just look at her $embellished\,park as\,and\,dresses\,for$



super-modern designs are Katrantzou's trademark

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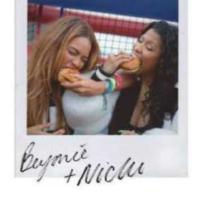




























WORDS BY LUCY PAVIA

Fed up with being told to #EatClean? Gizzi Erskine and the foodie gang are getting behind the backlash. Pass the bread basket

went out to dinner a few weeks ago with a group of friends. Of the six of us sitting around the table, one had recently gone gluten-free ('I feel so much better for it!'), one had given up refined sugar ('I've been reading that it's awful for you') while another had cut out dairy ('for my skin'). I scanned the menu and wondered what everyone was going to eat. And also felt quite relieved I hadn't offered to cook.

We've become a nation of 'free-froms'. The variety of food available to us has never been more enormous - something my parents, who grew up at a time when spaghetti Bolognese was considered exotic,

find astonishing - yet we've never been keener to cut things out. Bread was the first casualty; then sugar got taken down. Dairy has suffered a serious battering along the way, too. Soy or almond milk lattes are no longer a niche coffee order. We spiralize courgettes to replace pasta, and a Nutribullet breakfast has seen off toast. We share recipes for gluten-free pancakes and bake flourless aubergine brownies. I reached my own free-from-everything nadir when my six-foot, rugbyloving, 'two sandwiches for lunch' friend Tom started

evangelising about courgette spaghetti. Instagram was once an even blend of cats, sunsets and poached eggs. Now, at times, it feels like a virtual temple for generation #EatClean, whose free-from recipes, photographed in pretty patterned bowls on slabs of marble, provide inspiration for a growing population of men and women who endorse the benefits of cutting gluten, dairy and sugar from their diets.

But the question is: has all of this gone a bit too far? By focusing so hard on what we shouldn't eat, has food lost its sense of conviviality and fun? Should we all just calm down? Celebrity chef Gizzi Erskine is one of a growing number who thinks the #EatClean trend has

> grown out of proportion. T've been writing about healthy eating and diets for seven years now,' she tells me when we meet in Shoreditch for breakfast. 'When the trend started, I thought it was a great way for people to try new and healthy foods, but then all of a sudden it became about removing entire food groups from people's diets. I was looking on Instagram and seeing plates of 'food' that consisted of kale, a piece of avocado and some bell peppers. That's just not dinner!" Her new cookbook Gizzi's



Healthy Appetite is an attempt to bring both pleasure and a sense of balance back into our diets. 'We're all multifaceted,' she says. 'Sometimes I want a crisp and healthy salad; sometimes I want some delicious sticky ribs.' This approach is perfectly summed up by what she orders when we meet – an English breakfast and a murky-looking green juice. 'The green juice is for my hangover,' she says. 'It tastes horrid but it works.'

In Gizzi's Healthy Appetite she encourages us to stop cutting out entire food groups and instead follow an 80/20 pattern of eating: if you're healthy 80 per cent of the time you can relax for the other 20 per cent. The 20 per cent mantra also applies to portion size - eat 20 per cent fewer carbs, up the veg and cook real square meals to avoid cravings. She agrees we're all eating too much sugar, but cutting it out completely, she argues, is both joyless and unhealthy. The essence of the book isn't just what Gizzi calls 'common sense healthy eating', it's also about regaining the pleasure and enjoyment of food we've lost by worrying so much about what's in it. The chapters are divided into texture or mood, such as 'crunch', 'slurp' and 'soothe'. Soul food can be healthy, and indulgence isn't always bad, says Gizzi, though the book isn't filled with Nigella-esque cream- and butter-packed recipes either. She and her friend Millie Mackintosh are both slim and healthy, they both appreciate a nicely flavoured bowl of cauliflower rice, but they also enjoy going on guilt-free weekend pasta binges together. 'I'm going to have a bit of processed cheese with my burger every now and again - so sue me!' she jokes.

She also makes the point that the trend for following strictly tailored diets is eroding the bonding process of sharing food together. Nothing is more of a dinner party mood-killer than telling the host you've recently 'gone paleo'. I tell her about an interview I read with one high-profile member of the #EatClean brigade, who says she never does dinner parties or allows anyone else to cook for her. 'One of the reasons I cook is because my mum used to have dinner parties the whole time,' says Gizzi. 'I have a big ego, I cook food for people to tell me it's great!'

Of course, it's important to point out that the #EatClean movement has been incredibly liberating for people with serious medical intolerances, like my mother's friend M, who was diagnosed as coeliac 15 years ago, back when few people knew what it was and even fewer had any idea how to cater for it. For years she could only find gluten free products at niche health shops. Now they're in every supermarket. Gizzi also agrees that these changes have opened up the rest of us to healthier ways of cooking and

encouraged us to think more about what we're eating. But hasn't it also encouraged some pretty unhealthy bandwagon jumping too? A third of American adults now say they suffer from gluten intolerance, even though only one in 100 is coeliac. 'Who is defining all these

allergies?' Gizzi says. 'I've cooked for people with coeliac disease, who really cannot eat wheat. That is a real allergy that's detrimental to health, not just getting a bit bloated.'

Victoria Beckham, Miley Cyrus and Gwyneth Paltrow are among the celebrities who have enthused about the benefits of going gluten- and dairy-free. But others are sceptical -Jennifer Lawrence, Hollywood's no-nonsense poster girl, who once said, 'I'd rather look a little chubby on screen and look like a person in real life,' has called the gluten-free movement 'the new cool eating disorder, the "basically, I just don't eat carbs diet",' while Blake Lively's website Preserve, with its roast chicken on white bread sandwiches and hot chocolate recipes, promotes a more relaxed approach to food than Gwyneth's macrobiotic Goop. Meanwhile, Cara Delevingne with her late-night McDonald's runs and Jourdan Dunn - who once told me her dinner of choice is 'Nando's or a curry' - won't be adding a healthy bowl of acorn noodles to their repertoire any time soon. Social media is joining the backlash too: new Instagram account @girlswithgluten (40,000 followers and counting) features shots of women tucking into pizzas, bread rolls, cakes and spaghetti (Kendall Jenner, Karlie Kloss and Gizzi's pasta buddy Millie Mackintosh have all contributed pictures under the hashtag #GirlsWithGluten). And if you like that, you'll love spoof Instagram account @DeliciouslyStella, set up by 27-year-old Bella Younger. 'Loving my brand new recipe for delicious homemade crispbread!' she captions a picture of sliced white bread piled up with crinkle-cut crisps.

If you're on Instagram, you've probably also seen the #EatClean hashtag affixed to #TrainDirty, used mostly by enthusiastic exercise junkies with stomachs so flat you

could serve champagne off them. But Melissa Weldon, personal trainer at London's elite celebrity exercise studio 1Rebel, has a new motto: 'Eat Dirty, Train Dirtier'. 'Whoever coined the phrase "nothing tastes as good as skinny feels" has obviously never tasted a Patty & Bun bacon cheese burger,' she wrote in a blog for the 1Rebel website. 'I believe in working your ass off and having fun while you do. That's why I never say no to a cupcake.' Melissa, with her impossibly toned six-pack, is living proof that – provided we keep a balance – we can all afford to let go a little.

Gizzi's Healthy Appetite by Gizzi Erskine is published by Mitchell Beazley (£25, octopusbooks.co.uk)



I was looking on
Instagram and
seeing plates of
"FOOD" that
consisted of
KALE, a piece of
avocado and
some bell peppers.
That's just not
DINNER'





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'There are <u>practical</u> reasons for the dominance of sample sizes. But do clothes actually look better on skinny women? The fact that Kim Kardashian now sits front row at Givenchy proves this whole idea is perhaps getting old'



In a famous luxury store, I try on two gowns. I'd like more to choose from, but they are low on stock in my size (14). The first dress I put on, a gorgeous sweeping maxi dress, strains across my back. The zip edges are so far apart I feel like I'm wearing an argument. It's also about 3ft too long (I am 5ft 6in). The other dress, by Erdem, however, fits like a glove. It's a bit long, but designed to fall to the floor. With a heel it'd be fine. What you do if you're shorter (given the average height of women in the UK is 5ft 3in), I don't know. Find a good seamstress I guess.

In a high-end high-street store I have a similar experience. Nothing in a 12 or 14 (sometimes I'm a 12, sometimes a 16, sizing is fun that way!) is out, so to try anything on I have to wait for it to be fetched from the stock room. I get bored and walk out. It clarified one thing in my mind – this is why I rarely go clothes shopping and when I do, it's online.

So what size is fashion? Like my wardrobe it's a little confused. The catwalk and campaign imagery we are sold is full of tall, sample-size models. The resounding message is that high fashion prefers its reflection when it's modelled by a size 6, 5ft 10in girl. But there is another reason, which is one of pure economics and logistics. Sample sizes are made initially

to be worn in a fashion show, so need to be produced in a uniform size – models are often confirmed the day before a show so there's no time for made to measure. Samples are also expensive to make (especially for smaller brands). So bigger models = more fabric = more expensive.

These same sample clothes are then used in fashion shoots – usually created before the clothes are on sale. They're all you can get hold of to debut the new-season fashion. In reality then, a magazine couldn't shoot a model bigger than sample size midway through the 'season' when the clothes simply aren't available to use.

So there are practical reasons for the dominance of sample sizes. But do clothes actually look better on skinny women? The fact that Kim Kardashian now sits front row at Givenchy proves this whole idea is perhaps getting old. On Net-a-porter.com you can buy a Saint Laurent, Hedi Slimane-ordained, blazer in a size 18. You could wear this with Stella McCartney trousers and a Gucci blouse – all available up to an 18.

This might not be something you'd glean from the glorified, idealised world of the catwalk (which shows pieces that often aren't even put into production) but these 'commercial' items which make up the rest of the real collections do exist and are very much on sale.

At Harvey Nichols – which stocks designers including Roland Mouret, DVF and Armani Collezioni from a size 6 to a 16 – Rebecca Attrill, assistant manager style concierge, tells me that for clients at the higher end of sizing, 'There are always certain styles and pieces that, pulled together with a classic tailored trouser from Osman or fitted jacket from Stella, will transform their silhouette.' While Matchesfashion.com explains that it's, 'seen increasing client demand for sizes at either end of the spectrum – we often sell out of the smallest and largest sizes first and so we buy across all size ranges \triangleright



wherever we can. The majority of brands are working on offering broader size ranges.'

Vikki Kavanagh, head of buying for Veryexclusive.co.uk, says, 'We will buy up to whichever size a collection goes up to, usually a 16. We do have 18s where possible.' For more petite frames she recommends French brands such as Iro, Kenzo, Red Valentino, Maje and Sandro, as they are cut for a smaller size. If designer brands went up to a size 20 or beyond, she would definitely buy them. 'There is a huge market for sizes 14+,' she says. 'The high street is definitely offering more choice than ever before, which is great, but it'd be nice for luxury brands to follow.'

So while it's perhaps taking a little longer for the luxury end of the market to be honest about the sizing of their customers, on the high street, the plus-size market (worth a reported £6 billion) is booming. Demographically speaking, this is the world that speaks to the 60 per cent of UK women who are a size 16 or over. There are countless high-street stores that have an extensive size range; Evans, Dorothy Perkins, H&M, ASOS Curve, Mango, Boohoo.com, Missguided.com, Phase Eight, New Look, Forever 21 and Simply Be all sell trend-led fashion for women over a size 16 (as well as for petite sizes, too). A new label called Studio 8 (sister label of Phase Eight) has some very chic, wearable pieces.

For the past two years, Evans has run 'The Cut', a competition for fashion students to design a capsule collection to be sold in store (inspired by their collaboration with Clements Ribeiro who, having only ever designed for a size 10 model, had to be retrained to think about print placement on bigger sizes). Tom Doran, PR manager for Evans, explains that, 'It made us think, "What are the next generation of fashion students being taught at university? Realistically the jobs they're going to be applying for will be on the high street, so having an extra skill can't hurt. We've had really positive reactions from students."

Undeniably, the rise of bloggers such as Nadia Aboulhosn (225,000 insta followers) and Gabi Fresh (230,000 insta

followers) in the US and Callie Thorpe (60,000 followers) and Danielle Vanier (35,000 followers) among many others in the UK, alongside the popularity of the so-called plus-size models Ashley Graham, Tara Lynn, Robyn Lawley and Candice Huffine has pushed the issue into the mainstream. They all bristle at the tagline 'plus'. A lot of these women point out that they're not overweight or unhealthy, they simply have bigger proportions – they're taller and bigger framed than the 'norm'. Together with some of her counterparts, Ashley Graham has set up the Alda Women collective, which promotes positive body image. It's about inclusiveness and support for all women – something the rest of the fashion industry is increasingly going to be under pressure to follow.

Felicity Hayward, a stylist for ASOS's fashion-forward Curve line, which launched in 2009 (most popular size: 20), admits, 'Because of the rise of curvier woman in the spotlight, people have realised we need more fashion in large sizes. I tend to go for shapes that work with my silhouette. But if it's acceptable for a smaller-sized woman to wear oversized pieces it's definitely OK for a curvier-sized gal to wear tight pieces.'

But not all trends are created equal. If you're shorter, then sweeping 70s maxi-gowns may drown you, and if you're tall, miniskirts end up looking indecent. There is no one-size-fits-all answer. So in the face of an increasingly homogenised global production model, there's opportunity for niche brands with a specific offer to thrive.

Personally speaking, I find Whistles, Joseph and MaxMara brilliant for tailored trousers, Current Elliott, J Brand and Ida the best denim brands for those with wider hips and generous bums while Jonathan Saunders and Mary Katrantzou do great boob-accommodating sweaters and blouses. I love Isabel Marant, Stella McCartney and Preen for dresses, and I have various pieces from Christopher Kane which fit perfectly.

So what would I like to see? Fashion imagery that reflects every type of woman. I'd like to see magazines use different-sized models without having to create special 'shape' issues; for it to be incidental; for it to go unsaid. To not just feature 'curvy' girls in underwear or swimwear or fetishise them in clichéd 'sexy' styles, and for stylists to really consider the practicalities of dressing different-sized figures (FYI string bikinis that only go up to a size 12 aren't 'best for big boobs'.).

But ultimately fashion is a social mirror. What we see in fashion is a response to what happens in our culture. If there's a problem with perception of body shapes, that's everyone's issue to solve, not just the fashion industry's. The sooner we accept and embrace all shapes and sizes and are more supportive of women who are proud of their shape and less 'OMG did you SEE her arse?', then the fashion industry – which is a business, after all – will sell us what we need. \square

'So what would I like to see? Fashion imagery that reflects every type of woman. I'd like to see magazines use different-sized models without having to create special 'shape' issues or fetishise curvy girls in clichéd sexy styles'







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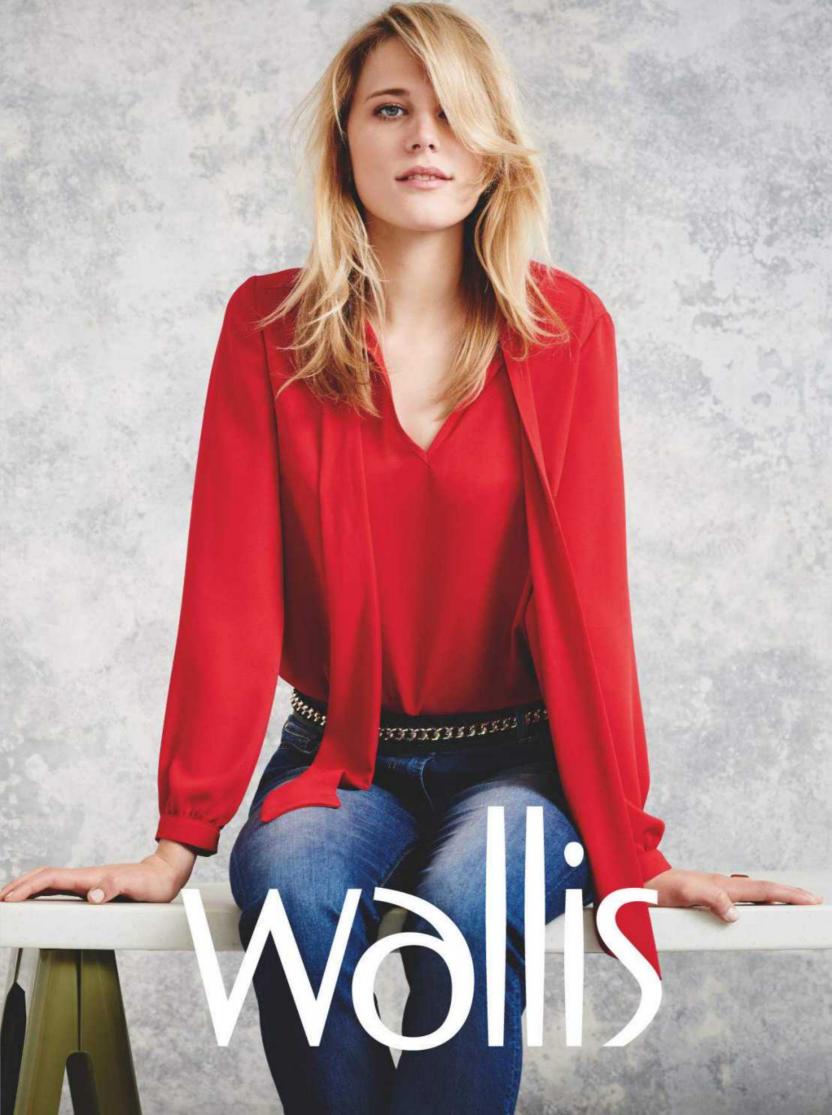
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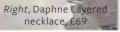












1970

Octea Classica Emerald watch, £349; *right*, Stardust Deluxe bracelets, £79 each; below, Aila Day Double Tour watch, £249



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C U T A B O V E

Bob, lob, bop (the choppy bob) — whatever you choose to call it, shorter-than-shoulder-length hair is having a moment. Singer Florrie shows us how to rock it

FASHION BY LULU WENTWORTH



MAKING WAVES

'These 1920s waves are a cute way of injecting a bit of personality into fine hair,' says Marc Trinder, Charles Worthington's art team director. 'A slightly retro 'do with modern styling always feels quite fashion-forward.' So how did he do it? 'I prepped Florrie's hair with a blonde-enhancing mousse to create a mirror-like shine. After drying, I created a deep side parting before dividing the hair into horizontal layers and tonging inch-long sections along the layers. Keep the wand at a slight diagonal and twist the hair towards the face. Gently comb the waves together using a wide-tooth comb and spritz with gloss spray.'

Sweater, £199, Sandro (uk.sandro-paris.com); trousers, £864, Thomas Tait (doverstreetmarket.com); shoes, £990, Loewe (loewe.com); necklace, £150, Effra (effralondon.com); bracelet, £180, Marni (marni.com); ring (right hand), £120, Hall (hall-collection.com); ring (left hand), £125, Miansai (miansai.com)

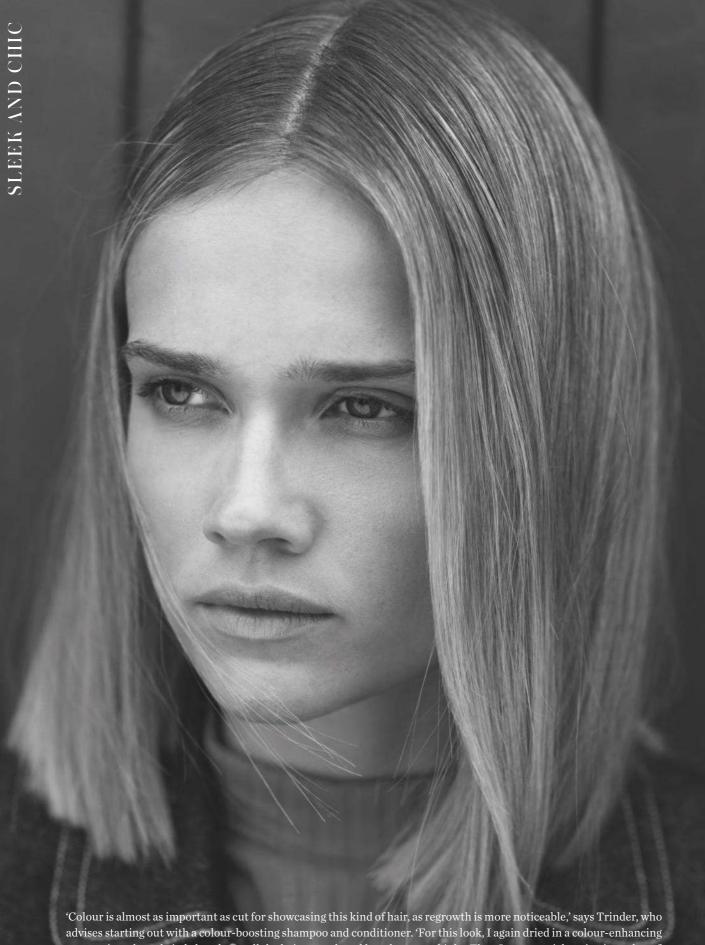
MY LITTLE PONY



'As long as you have enough length around the jawline, you can pull a bob back into a mini pony,' says Trinder.
'A side part adds a splash of interest and, by keeping the hair straight, you give the illusion of length, as the eye naturally follows the clean lines.' Key products? 'Prep with a sleekening shampoo and conditioner before applying a shine spray (less sticky than hairspray) to a blusher brush and smoothing over the hair to buff away any flyaways.'

Red sweater, £225, Daks (020 7409 4040); gold ring (on forefinger), £120, Hall (hall-collection.com); silver ring (on ring finger), £125, Miansai (miansai.com)

Who says bobs can't do up-dos? 'These cute half-up rope braids are perfect for shorter hair, as they give the suggestion of an up-do,' says Trinder. 'Start by applying a volumising mousse before blow-drying and scrunching it in using the fingers. Etch a loosely zigzagged central parting in with the fingers, applying some texture spray on the top section of hair to add grip. Then, starting at one side of the temple, take two sections of hair both twisted in the same direction and cross them over each other in the opposite direction. Each time you twist pick up a little bit more hair, working your way towards the back of the crown. Repeat on the opposite side. Tie using a small elastic band, before teasing out the braids and encouraging flyaways? Dress, £536, Suno (shopbop.com); earrings, £3.50, Claire's (claires.co.uk); ring, £150, Effra (effralondon.com) DO THE TWIST



'Colour is almost as important as cut for showcasing this kind of hair, as regrowth is more noticeable,' says Trinder, who advises starting out with a colour-boosting shampoo and conditioner. 'For this look, I again dried in a colour-enhancing mousse, using a large bristle brush to pull the hair smooth and knock out any kinks. Then I ran a straightening iron along fine sections. I spritzed a gloss spray on roots and brushed it through for a healthy, semi-wet-look finish.' Worried that gloss equals greasy on fine hair? 'Start with a thickening shampoo, go easy on the gloss and use a texturising spray on under-sections.'



'When going for the chop, the thing people worry about most is having lank hair,' says Trinder. 'But, as this look shows, with a few choice products and some nifty techniques, anyone can have full hair. Always start with a texturising mousse to give the hair guts, blow-drying it in using the fingers before using a round brush to lift the roots without curling under the ends. The key is to pin each section as you go, letting the hair totally cool before brushing out, as this will ensure long-lasting bounce and movement without looking too "done".' Perfect big hair without any Krystle Carrington crispiness.

Top, £850, Victoria Beckham (020 7042 0700)

BEAUTY

exclaims diculously ets Taylor

WORDS BY GEORGE DRIVER

love eating the skin on chicken!' exclaims Florrie excitedly. The ridiculously gorgeous (think Rosie H-W meets Taylor Swift with a dash of Meg White) drummerturned-singer-songwriter is sitting opposite me, happily munching away on her lunch and enjoying it so much she feels the need to talk about it. Fresh off her tour with the super-cool Two Door Cinema Club, her insanely addictive new single is out this month (think Shake It Off-catchy). And, yep, she models too. Remember that Nina Ricci perfume ad with the Blondie track? That's Florrie as well.

Hanging out at the local pub, listening to The Beautiful South, we caught up between photos to talk about bowl cuts, buying her first drum kit and why she's obsessed with beauty YouTubers.

First thing – you've cut your hair short! What made you go for the chop?

'When I was really young, I had a bowl cut. Everyone thought I was a boy so, since then, I've always had it long – until last year. I'd just recorded a new EP and I thought, "New song, new hair." Now I love it and I can't imagine growing it longer.' Who's your short-hair idol?

'Alexa Chung – I don't know how she gets that amazing tousled look. When mine was long, it was a nightmare unless I spent ages styling it, and that's just not me. I'm a "wake up in the morning, have 20 minutes to go" kind of person. Now it's short, I like that it's got a bit of an edge.'

What about today's looks? Any you'd have a go at?

'I love the 1920s wave. I've only worn my hair like that a couple of times, and never when it was this short. It felt very sophisticated, which is different from my usual "chuck it up in a bun" look!'

Are you as relaxed about your beauty routine?

Tve got a solid skincare routine, as I'm prone to breakouts. I use a Liz Earle cleanser and I always take my make-up off before going to bed. Then I use Kiehl's Facial Fuel, which is actually a men's moisturiser, and I always give myself a little face massage when I wake up in the morning.'

Would you say you're a make-up pro?

'No! I think make-up artists are generally really good artists and I was never good at art. I watch a lot of Niomi Smart and Lisa Eldridge tutorials, and I did a gig with loads of YouTubers and got really into it. Tutorials, like how to sculpt your face with bronzer, really inspire me.'

What's your biggest beauty faux pas?

'Probably the time I crimped my hair for a gig and brushed it out – it went like an Afro! I forgot to wash it, so it became all matted and impossible to get out. I ended up spending quite a lot of time in the shower and had to put a whole bottle of conditioner on it. I don't think I'll try that again.'

Give us your best beauty advice...

'My mum always said, "Never touch your eyebrows," so I never have. I'm a bit funny about them now. I've used the same MAC eyebrow pencil for ever and I've never plucked them myself. I'm terrified of doing it!'

How did you get into drumming?

I started drumming when I was seven. I was on holiday with my family, saw someone playing drums in a little restaurant and became obsessed. I eventually got a tiny kit from Toys R Us. When I was older, I started doing session drumming with a studio called Xenomania, which is how I came to play with Girls Aloud and get into singing.

What's your guilty pleasure, music-wise?

'I definitely like a little bit of Peter Andre's *Mysterious Girl* in the morning. Who doesn't?'

The kit



From top, Thicker & Fuller Conditioner, £6.99, Charles Worthington (boots.com) Texturizing Spray, £4.49, Batiste (boots.com); Surf Infusion spray, È21.50, Bumble and bumble (bumbleandbumble.co.uk); Thicker & Fuller Scalp Tonic, £7.99, Charles Worthington (boots.com); Oleo Radiance Bi-Phase Conditioning Mist. £6.99. Tresemmé (boots.com): Smooth Infusion Nourishing Styli Crème, £22.50, Aveda (aveda.có.uk) GHD Platinum straighteners, £165 GHD (ghdhair.com); Thicker & Fuller Shampoo, £6.99, Charles Worthington (boots.com) Hollywood Waves Spiral Queen Nourishing Mousse, £14.99, L'Oréal Professionnel Paris (lorealprofessionnel.co.uk); Colour Revive Mousse, £9.99, Charles Worthington (boots.com); One United All-In-One Multi Benefit Treatment, £16.55, Redken (redken com); Shine Booster All Over Gloss Spray, £5.99, Charles Worthington

ARIEL YEH AT SAINT LUKE USING GIORGIO ARWANI BEAUTY AND SKINCARE. NALS BY KIMTREACY AT LUC WORLDWIDE. PHOTOGRAPHER'S ASSISTANT, FRASER STANNAGE. DIGI "MATCHESFASHION COM); TOP, £225, DAKS (020 7409 4040); TROUSERS, £180, MASSCOB (LIBERTY COLIK), NECKLACE, £180, EFFRA (EFFRALONDON COM); RING (FORETINGER)



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THE GILDED LIPSTICK

Inspired by the Egyptian Queen Nefertiti, Christian Louboutin's new luxe lipsticks (£60, selfridges.com) have a loop on top, so you can wear them as a pendant, as well as on your lips.



THINK PINK

INSTYLE BEAUTY

Paris (boots.com)

Nab your beauty essentials and support Breast Cancer Awareness with these pretty pink products

Here at InStyle, we love an embossed blusher. Clinique's Cheek Pop in Pink With A Purpose (£17.50, Clinique counters at Boots) is emblazoned with BCA's iconic pink ribbon, and with each one sold, another £2 is donated.

Elemis Limited Edition Pro-Radiance Illuminating Flash Balm (£33, elemis. com) is reborn in full-on fuchsia. Now both your skin and your conscience can feel flawless.

Keep that pesky end-ofday eyeshadow crease line at bay and add £5 to the BCA kitty with Smashbox Photo Finish 24 Hour Shadow Primer (£19, smashbox.co.uk).

The gorgeous Origins Make A Difference hand cream (£19.50, origins. co.uk) does just that. It leaves your hands hydrated and a fiver from every purchase goes to BCA.

NOTES FROM THE

Take your eveliner to new extremes, à la Rochas a/w 2015, with Max Factor Masterpiece High Precision Liquid Eyeliner (£7.99, boots. com). The paddle-shaped tip lets you swap between thick graphic lines and the perfect feline flick in one simple step.



make this the most addictive scent of 2015.' Cassie Steer, beauty director **BEAUTY CUPBOARD**

WHAT'S LANDED THIS MONTH

CONFIDENTIAL



WHAT Illicit EDP, £54 for 60ml, Jimmy

Choo (houseoffraser.co.uk)

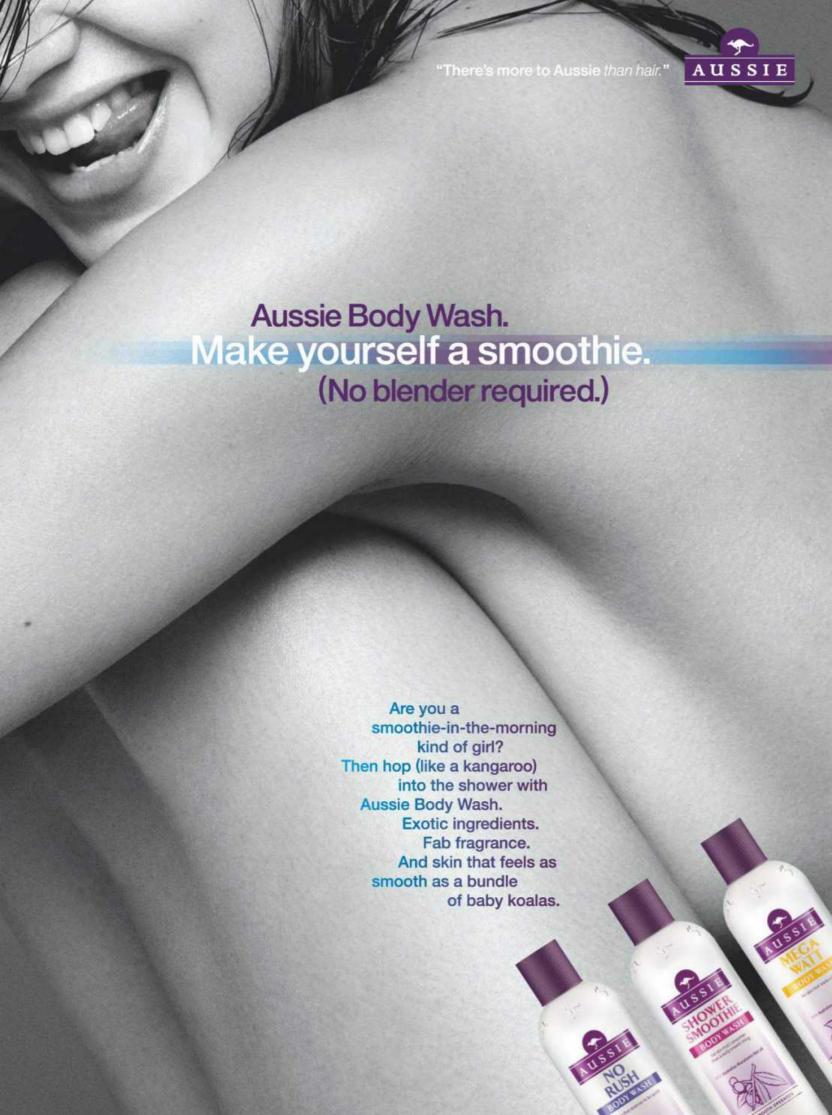
WHY 'Rich vanilla and sandalwood

WHAT A Shot Candle, £75, Jo Loves (joloves.com)

WHY 'Choose a base scent and add a "shot" to create your own bespoke candle.' Jess Lacey, acting beauty editor

WHAT Fluide De Beauté 14 Edition Limitée Couture, £45.50, Carita Loves Courrèges (carita.co.uk) WHY 'The nourishing dry oil gets a 60s overhaul in white and neon pink.'









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Makeup SPF10,

£30, Estée

Lauder

(boots.com)

RED ALERT

#TRENDING

It's official: rust is the new red. How to wear this new-season shade? Just switch-up your autumn make-up wardrobe like this... Hypnôse Volumeà-porter,£22.50, Lançome (boots.com)

ACE BASE

If going bare is too daunting, opt for a foundation with 15-hour staying power to avoid any telltale slippage.

Be Legendary Lipstick in Legendary, £17, Smashbox (boots.com)

LASH OUT

When we say minimal make-up we wouldn't be so unkind as to ask you to forgo your mascara (great for runway but not so great for real-way). Curl the lashes before applying one coat of a volumising mascara to the top lashes only.

MAROON 5

smashbox

From oxblood to oxidised steel, there's a rust-red out there for you. Warmer than your average pin-up pout, it's the perfect autumnal hue and, what's more, you don't have to be a make-up pro to pull it off. Backstage, the colour was applied to the models' lips straight from the bullet, while the edges were smudged with the fingers to give it an ultra-modern, lived-in finish.



PRIME TIME

Primer is your skin's equivalent of Photoshop.
Niggly pores? Oily T-zone?
You'd never know it after applying primer. Good job, too, as this look works best with minimal make-up to keep it feeling fresh and on trend.





stila

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BEAUTY ICON Elvira Hancock

'Elvie' Hancock knew a thing or two about looking criminally hot. Tony 'Scarface' Montana's wife, played by Michelle Pfeiffer, was the queen of plunging necklines and spaghetti straps (was her entire wardrobe made of satin?), but it was that uptown bob and sultry make-up that really made us want to become a gangster's moll. 'Elivira's bob in the 1983 film Scarface is a timeless classic that adds a sense of innocence to a provocative character,' says session stylist Leigh Keates. 'This bob is as on trend today as it was back then. It can be varied with different partings and you can wear it with or without a fringe.' Accessorise with a contemptuous smile while reciting her killer line: 'Don't toot your horn honey, you're not that good.'

#ASK GEORGE

He's Rosie and Alexa's go-to hair guru and our new resident beauty columnist: **George Northwood** is here to solve all your grooming dilemmas

OF or some reason, whenever I step off the tube, I get caught in a downpour. What's a fast fix for just-got-rained-on frizz?

The best way to avoid wiry hair is to prepare for the worst and use an anti-frizz product, like Pureology's Smooth Perfection Frizz-Fighting Serum (£16.90, pureology.co.uk). Simply work it through your hair before you brave the elements. If you've been rained on and you're off to a big meeting, my top tip is to swap your parting. The frizz only occurs where the rain hits it, so changing to a side or centre parting means less fuzz.









Every time I see my hairdresser, he tries to persuade me to cut off more than I want. Is he just scissorhappy or am I in denial?

You've got to communicate with your hairdresser – don't be afraid to show them a Pinterest board. If your stylist is blatantly ignoring you, there's nothing wrong with saying, 'Last time you cut it too short and I only asked for a trim.' A hairdresser should get that, and if the your find.

asked for a trim. Ar should get that, and if they don't, find another one! If you're growing your hair, go in every 12 weeks, instead of six, and ask for an invisible trim just to take off the dead ends.





As you get older, your skin gets paler, so your hair needs to get lighter as well. That's where bronde is great. I reckon you should go up a shade every five years to match your skin tone. But, if you look good as a brunette, then be a brunette – the only thing to remember is you must look after your hair. After 35, condition is everything. I love a rich brunette, so a gloss in between colouring is a great way to freshen things up.



now tó carry

off bronde



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MY FITNESS RULES Abbey Clancy

The *Strictly* champion and model loves juicing but hates jogging

SPORTS BRA

£23, Reebok

ery.co.uk)

LEGGINGS

£35, Reebok (very.co.uk)



'CLASSES ARE GREAT FOR ME

because I've got absolutely zero willpower - although I'm quite highly strung and I like to be out doing stuff. I couldn't think of anything worse than going for a jog around the park, but I love horse riding and reformer Pilates - I always listen to Kasabian to keep me going. It's nice to have a toned bum and flat stomach, but I don't want to be skinny. For me, it's about feeling energised.

'WHEN I FOUND OUT I WAS PREGNANT,

I started doing yoga because it's important to keep your body strong. Physically, you go through so many changes - your boobs triple in size and your back kills, so it really helped. But there's a time where you've gotta go, "Right, I need to just relax and be pregnant".'

'I LIKE EXERCISE CLOTHES THAT KEEP **EVERYTHING IN PLACE.** I always wear Reebok patterned leggings and crop tops because they're really breathable, but they look gorgeous, too. I can see my friends afterwards and not be embarrassed that I'm in my gym stuff.'

'STRICTLY WAS AN INCREDIBLE WORKOUT.

My body completely changed: I had no boobs and a six-pack; I literally turned into my brother. I look back at pictures and think, "God! I was so thin"."



'I MAKE MY OWN JUICES and try to have one every day. I put everything in them: broccoli, kale, ginger, lemon, cucumber and Elle Macpherson's Super Elixir. No one else in the house will drink smoothies and my husband hates them.'

'I TRY NOT TO WEAR MAKE-UP AT THE GYM

because I don't want it to clog my pores. When I leave, I'll put on some bareMinerals make-up and Evian face spray (£2.99, superdrug.com), grab a coffee and have a chat with the girls before we pick the kids up from school.'

'I DON'T ENJOY FEELING

evian

SLUGGISH so I like to eat Blemish Remedy healthily. It helps being married to a footballer! But I love biscuits or cake with my cup of tea. That's important because as soon as you say, 'I'm on a diet', all you can think about is food. You should look after your body, give it what it needs, but also have what you want.'



Organic Frankincense Oil, £7.50, Fushi (fushi.co.uk)

MAKE-UP

oundation, £26,

bareMinerals

bareminerals

'I GO TO SEE RACHEL MORRIS, who's like a white witch. She knows everything about essential oils and which ones to use if you've got a cold, morning sickness or hay fever. There's nothing better than taking a hot bath with my frankincense and rose oils, and a good book.'

'ROSIE HUNTINGTON-WHITELEY IS SO

ELEGANT and gorgeous, and J-Lo's got a fantastic figure. But for me, the Victoria's Secret models have the perfect bodies. They're strong and athletic looking - it's great gym inspiration.'

'THE WEIRDEST WORKOUT I EVER DID

was called Nuclear Races, which is like an army assault course at an old barracks. I was jumping through swamps and getting covered in mud, but it was totally amazing.'



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THE MAKE-UP OF MAKE-UP ARTISTS

GET



Can you **change** the features you're born with?
Contouring says yep, you can. From **skincare** to **surgery**, here's everything you need to **know**

So here I am...

aged 30, dreading the inevitable arrival of forehead lines and crow's feet, when along comes another - apparently far more pressing – issue to worry about: facial sculpting.

Now, I'm acutely aware that my jawline could be sleeker, my eyes wider and my cheekbones higher. I've never loved my round face, and for every photo I adopt my signature three-quarters on, head cocked pose. The 'turtle, tuck, tilt' method was passed on to me by an equally self-conscious friend, and involves sticking your neck out like a turtle to stop a double chin, tucking it down to make your jaw look sleeker, then tilting your head to give the camera your best angle. And it turns out we're not alone: angles have now overtaken wrinkles as the number-one ageing concern for British women. We're not only keen to improve the texture of our skin, but also the entire structure of it - bones and all.

Only a few years ago, contouring was just something that Kim Kardashian did with her hardcore, complicated-looking bronzing application techniques, but now it's an entire industry. The re-sculpting craze is everywhere: in surgery, super-facials, make-up, state-of-the-art skincare, and even a worrying iPhone app called Facetune.

Having never had any cheekbones to speak of, I'm rather excited about this trend. Changing the angles of your face, enhancing your best features and playing down the dodgy ones – what's not to love?

THE SURGICAL SOLUTION

If you want true changes that last in the long term, you're looking at the sharp end of a scalpel - but, crucially, without appearing like you've been anywhere near one.

'There was a time when the face-lift was over-stretched and over-cushioned, but UK clients certainly don't want others to know that they've had surgery,' says Dr Julian De Silva, a facial cosmetic plastic surgeon based in London who champions the natural approach to facial augmentation (londonfacialplasticsurgery.co.uk). 'I make people look natural. I've refused to do "cats' eyes" - I just do the subtleties.'

So, can Dr De Silva give you cheekbones that look like you were born with them? 'There's a point in the cheek where if you give more curve and fullness, it will make any woman more beautiful,' he says. 'It's the area towards the outside of cheek, about two thirds along. People don't look at you directly straight on, or even side on; their line of vision is at a half-turn viewpoint, so volume there will be most effective.' The cheek implants he refers to are high-grade silicone imported from California, which last a lifetime. There's no scarring, either, because it's done internally, creating tiny pockets in the roof of the mouth.

So prominent is facial sculpting right now that last year a seemingly niche treatment - the chin implant - was among the fastest growing surgical procedures in the UK. 'It's simple: recess chins make the face look weak,' says Dr De Silva. 'They're usually because the bone hasn't grown forward enough, so we use



sculpted silicone that sits on the bone to bring it forward. Plus, small chins make noses look bigger - it's all to do with bringing the face back into balance.'

Derm clients are also queuing up for fillers used in a different way. Fillers are less about lines now, and are used in facial sculpting,' says renowned cosmetic dermatologist Dr Adam Geyer, from Tribeca Park Dermatology in New York City. 'It's to do with rebalancing, rather than over-volumising, and my clients want to look refreshed. I use Sculptra, Juvederm Voluma and an injectable hyaluronic acid called Belotero on cheekbones and along the jawline, all of which last about a year.'

THE SKINCARE SUPERHEROES

Surgery is one thing, but can the right skincare products actually change your face shape? Well, Estée Lauder suggests it can help with its New Dimension collection, developed to sculpt, support and strengthen every layer of the skin. In trials, the Shape + Fill Expert Serum (£62, esteelauder.co.uk) has proved it can increase natural collagen production by 294 per cent in just two days. I've been using it for 48 hours as I type, and I can detect that my skin looks a little plumper already.

What's got me most excited, however, is the range's Expert Liquid Tape (£46), a secret polymer formula that constricts as it dries, freezing the skin in its lifted position (very much like the tape that the boys in Priscilla Queen of the Desert use to hike up their features before going on stage) - you apply it to the outer corners of your eyes and up to the temples. A warning, though: it can only defy gravity for so long, and by midnight there's a Cinderella effect (your face goes back to a deflated pumpkin).

Then there's a Clinique wonder serum. From the age of 20 onwards, you lose 1 per cent of your collagen every year, fatty deposits settle in your neck and along the jawline, and the circle of muscles around your lips shrinks. Clinique Sculptwear Serum (£46, johnlewis.com) addresses these changes in facial structure using lysophosphatidic acid (LPA), which contracts the skin so it can repair itself. (LPA is found in saliva and has such potent healing properties that it's thought to be the reason animals lick their wounds.) In clinical trials, the formula amazed scientists by lifting cheeks 36 per cent higher in eight weeks.

It's worth remembering that collagen as a molecule is too big to get through the skin, so while it can give the appearance of plumping from the surface, it will last only until you wash your face. Murad Rapid Collagen Infusion (£65, murad.co.uk) might

BEAUTY



THE AIM IS TO CREATE THE ILLUSION OF A PERFECT OVAL FACE

just be the exception to the rule, though, and it claims to show results in only two hours. 'We've never used intact collagen protein before, because it's so large that it can't penetrate skin,' explains Jeff Murad, vice president of product development. 'Instead, we took marine collagen from fish and pulverised it into amino acids small enough to get through. Once in the skin, they can absorb excess water and have an immediate swelling effect.'

In Asian cultures, there's long been a trend for making eyes appear bigger with the use of make-up. But Guerlain Abeille Royale Gold Eyetech Eye Sculpt Serum (£79, debenhams.com) is a next-generation product that actually reshapes the eye area to look 3.5 times more open. The serum is made up of complex sugars that leave a film on skin to tone and lift the area.

You can even contour your pout. Our lips don't have any sebaceous glands, so their only source of moisture is saliva, yet the more hydrated lips are, the more voluminous they look. SkinCeuticals AOX Lip Complex (£35, skinceuticals.co.uk) contains hyaluronic acid to smooth out wrinkles and plump the surface of lips, as well as define their border.

THE FACE-CHANGING FACIAL

A few years back I trialled the CACI Non-Surgical Face-Lift (£90, available nationwide at caci-international.co.uk). It's a probe that emits a high-frequency microcurrent to zap facial muscles into lifting and clenching. I had it under my cheekbones and along my jawline, and the therapist used it on one side of my face only, to show me what a difference it made. I honestly did a TV makeover-style gasp in the mirror - the side she'd treated was markedly higher and more angled. There's now a DIY gadget called the CACI Microlift (£349.99, caci-microlift.co.uk), which promises to do the same thing in just 10 minutes - I'm told the A-list like to use it before red-carpet appearances.

The stars also love heading to celebrity facialist Nichola Joss (nicholajoss.com), who is responsible for Charlize Theron's perfect cheekbones and Rosie Huntington-Whiteley's killer jawline. Joss is often on hand the morning of any big event to get those angles picture perfect. 'With my A-list clients, I'll go in first thing in the morning, before the hair and make-up team get to work,' she says. 'For some, the sculpting effects last for days, and for others it's a few weeks, depending on the health and tone of their facial muscles.'

Having experienced Joss's signature Inner Facial first-hand (she massages your facial muscles from the inside of your mouth), I can vouch for how truly unpleasant it is - but also for how extraordinary the results are. 'We do so much with our facial muscles every day, but we don't stretch them or relax them,' she explains. 'When you massage from inside the mouth, you get direct contact with the muscle at the back of the jaw and behind the cheekbones.' Joss gets her clients to do homework, too: using oil to knead along the jawline, under the cheekbones, across the brow area and around the eyes to open up this area.

If you can't get an appointment with Joss, head to Selfridges in Oxford Street, London, for a FaceGym session (facegym.com) instead. Set up for women who aren't able to book months in advance to see a top facialist or can't afford the price tag, its founder Inge Theron advocates regular workouts for the face.

THE MAKE-UP MASTERCLASS

So, just how do you achieve the contouring make-up that KK and half of Instagram seem to manage? Who better to explain than Sharon Dowsett, Maybelline UK make-up director.

Step 1 'The aim when contouring is to create the illusion of a perfect oval face. After you've applied your make-up base, take a brown contouring shadow or bronzer around the edges of your face, across the top of the forehead, chin and jawline, creating a halo.'

Step 2 'Use the darker contour side of Maybelline Master Sculpt (£6.99, boots.com) to shade under your cheekbones, using the brush to feel where the bone lies, then flick up towards the cheekbone to gain definition. Don't go too near the mouth; it's a common mistake, but you shouldn't go any further than in line with the iris of your eye.' >





The contouring queens (clockwise from top of page): Kim Kardashian, Jessica Alba, Sienna Miller, Rosie Huntington Whiteleyand Jennifer Lopez





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YOUR BEST BEAUTIFUL™

1. CLARINS SUPER RESTORATIVE REMODELING SERUM, £80 (clarins.com) I like to think of this as a Spider-Man mask that forms an invisible web on the skin to keep it facing upwards. Scientifically, it creates a network of micro-tensions that tighten skin's

2. SMASHBOX STEP-BY-STEP CONTOUR STICK TRIO, £35 (smashbox.co.uk) Idiot-proof: use the darkest crayon to create shadows, the pearly one to bring features forward, and the bronze to blend the two.

appearance - but I prefer my explanation.

MY

3. LA PRAIRIE SKIN CAVIAR LUXE CREAM, £292 (laprairie.co.uk) Like heaven in a jar - and justifies its price tag with hi-tech ingredients, including malt extract to combat the evil degrading enzymes that eat up our natural collagen reserves.

4. TEMPLE SPA THE CONTOURIST.

£50 for 6 sachets (templespa.com) Cloth face masks infused with a serum derived from linseed, which helps to firm and remodel skin from the forehead to the neck.

5. INDEED LABS FILLUME VOLUMISING MOISTURISER, £24.99 (boots.com) Combines a protective film of hyaluronic acid to reduce water evaporation with fatty acids

for a plumper, smoother appearance.

6. CHANEL LE LIFT RECONTOURING MASSAGE MASK, £60 (020 7493 3836) This mask requires a bit of effort - you

massage it in to get the potent actives going. Helps to tone and lift jowls a notch or two.

REVITALISING FACIAL

This simple gadget pulls skin up between metal balls, to tone and stimulate drainage. A must for wobbly jaws, and strangely addictive.

7. THE BODY SHOP TWIN BALL

MASSAGER, £16 (bodyshop.co.uk)

Step 3 'Next, highlight both sides of the contour on your cheeks - underneath as well as on top. Take the highlighter down the bridge of your nose, across your Cupid's bow, and between your eyes to bring attention to them.'

Step 4 'One of my favourite catchphrases is "blend is your friend", which is why I use a powder instead of a cream; it doesn't sink into skin and it's much easier to blend. Use a darker shadow in a small area of your cheekbone, up by your ear, to really deepen the contour. I like to add some in the socket of the eye as well, to help create an optical illusion with light and shade.'

THE NEXT LEVEL...

Got a handle on contouring? It could be time to consider 'strobing' - the latest update. An enhancing technique that concentrates solely on sheer highlighting - leaving the shadowing elements of contouring behind - it's all about playing with light-bouncing, metallic shades. The overall look is ultra ethereal, and heavenly. Laura Mercier's Candleglow Luminizing Palette, pictured above right, (£45, spacenk.com) features a plentiful selection of shimmering hues to help you achieve full-beam skin.

□











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KEEP IT REAL

'I think the reason we're all embracing this trend is because make-up was starting to go a bit reality TV – even the smoky eye got princess-y, whereas real women want to look more laid-back sexy than painted mannequin. We're not talking about a grunge revival, more reclaiming your make-up by customising it, whether that's breaking it down or dirtying it up a bit. It's about an attitude.'

DO IT YOUR WAY

'This classic Brit-girl look is all about making it your own. It's the eye make-up version of bed hair. The secret is to go low key with the rest of your face, with as little coverage as you can get away with to keep it feeling modern. Then break it down until it fits you better - like an old pair of shoes!'

TAKE IT TO THE BOARDROOM

'This is a look you can wear every day - even in $the \, of fice-just \, give \, your \, hair \, a \, little \, more \, polish$ to off-set it. Use a kohl pencil around your eye, then smoke it out a bit using a blending brush with a little grey eyeshadow on it. Finish with plenty of mascara. That way it looks more like a new design classic, rather than old grunge.'

'The look at Cavalli proves that it's possible to take it up a notch and still retain that cool factor. The pops of metallic in the corners of the eye and the chunky mascara gave the rubbed-in, oily blacklidsabitofglamour-butit's Jane Birkin glamour, rather than being Dynasty. After

applying several coats of mascara, top and bottom, use the tip of the wand vertically and gothroughgiving each lash an extra kick.'

THE NEW SMOKY EYE

'I call it the 'steamed Bardot', as it's that lovely oily melt you get when you've put on make-up the night before and the skin starts to show through - it has an ease to it. Backstage, we even got the models to rub their eyes – just make sure you start with a bare lid for that lived-in effect. I always use two intensities of black pencil for an ombre effect - a charcoal rubbed in around the eye, followed by a turbo black dotted in between the lashes, then just let nature take its course. Fuse it all together by dusting a grey or brown eyeshadow over the top.'





10 WAYS TO

How to be the hot-at-all-times queen of the gym





WEAR SPF

Using an SPF when running outside is a must, but whitecoloured sweat running down your face isn't the best look. Go for a transparent formula such as Murad **Invisiblur Perfecting** Shield SPF 30 (£55, murad.co.uk), which rather handily blurs to hide imperfections, so vou look as flawless as your gym record.



Pounding the treadmill while wearing a face masl might sound like a bad idea, but the increased blood flow to the skin from your cardio means the nutrien get to work faster. Glamglow Thirstymud Hydrati. Treatment (£49.99, glamglowmud.co.uk) is transparent with

a slight golden tint, so it looks like a dewy bronzer. For the 20 minutes it's on, it detoxifies, nourishes and hydrates, so you're positively glowing by the time you hit the changing rooms.



Worried about those early morning gym starts taking their toll? Thanks to Vichy Idealia Skin Sleep (£26.50, boots.com), you can still hit that sunrise voga session without looking as though you've missed out on beauty sleep. Its groundbreaking new night formula fools skin into believing it got

that crucial midnight-tolam power hour of sleep. The result? Glowing, plump skin that looks as if you were in your PJs by nine.



Estée Lauder has launched Double Wear (£33, esteelauder.co.uk), its highest-coverage foundation, in a 'to-go' compact rather than a glass bottle, so you can happily throw it in your gym bag.



FLASH YOUR EYES

Make-up at the gym may feel a little Bubbles DeVere, but add a hot personal trainer into the mix and maybe it's not such a bad idea. Make eyes stand out with a slick of ultrablack mascara, on the top lashes only. Try Nars Audacious Mascara in Black (£20, narscosmetics.co.uk) - the 200 bristles deliver product to each lash without clumping.







REVIT UP

If lack of motivation is an issue pre-workout, why not try a stimulant? (A natural one, natch.) Cardamom is a potent pick-me-up, and we reckon Jo Malone Mimosa & Cardamom Cologne (£85, jomalone.co.uk) is the most elegant way to get revved





up in the morning.

ODERMA



DON'T GET KINKY

Hair and exercise

aren't the best of pals,

but a spritz of Wella

Professional EIMI

Dry Me dry shampoo

(£12.50, lookfantastic.

com) erases all signs

of sweating it out. And

if the girl in front of

you at boxercise

seems to have a phone

cord around her pony,

it's an Invisibobble

(£4, topshop.com).

It leaves hair kink-

free, so there's no

faffing around

with straighteners

post-workout.

REMEMBER TO CLEANSE

If you find you're hot and bothered when you get in the

shower, Bioderma Sensibio DS+ Cleansing Gel (£13.80,

its production of Malassezia yeasts - sebum-munching

bioderma-uk.com) raises skin's tolerance by limiting

BE ON RED ALERT

You've made it from office to spin class without getting sidetracked - grats on your serious focus. Now do your skin a favour and remove all your make-up so it's free to release the day's toxin build-up. Clarisonic Smart Profile, (£199, clarisonic.co.uk) has a turbo button that increases the power by nine per cent for days when you feel your skin's under attack from pollution. And don't forget to cleanse afterwards, too - all that grime you've sweated out can be whisked away with a sweep of Una Brennan's uber-gentle Superfacialist Probiotic Micellar Cleansing Water (£6.99, boots.com).



BIG UP BROWS 'Brows are the coat hangers to your face, giving it shape,' says make-up maestro Terry Barber. To nail that smug post-gym selfie without caking it on, try Eyeko Magic Brow Booster (£20, eyeko.com). It contains tiny fibres to fake bulkier brows, plus its powder formula stands firm despite all that face planting into towels.



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O YOU EVER GO OUT WITHOUT MAKE-UP?

'Never! I grew up with a mother who put her face on before she took me to school every morning, so it's just not how I roll. I always need to wear concealer and lip balm, at the very least.'

NOW YOU'RE A MUM TOO, DO YOUR **DAUGHTERS EVER STEAL YOUR MAKE-UP?**

'All the time. Every morning they want to wear my make-up, or put mine on for me, so I let them pretend. Kids just want to be like their mum or dad, don't they? But I always tell them not to wear too much when they grow up. You don't want to look like you're wearing a mask!'

WHAT ARE THE BEST BEAUTY TRICKS YOU'VE LEARNED?

'Hydrated skin is always a good place to start, then I put highlighter above my cheekbones and down the bridge of my nose so I look glowy, not greasy. My nose, chin and forehead are always shiny, so a make-up artist showed me how to spot-conceal with powder so I don't need to cover my entire face with a heavy base. I can just cover up the parts that need to be evened out.'

ARE YOU BIG ON SKINCARE?

'I have a pretty thorough routine - I wash my face, gently exfoliate then cleanse again, every night. To moisturise, I use a face oil, an eye cream and a face cream. During the day, I apply a sunscreen over the top because it's so important to protect your skin. You've only got one face, you should take care of it.'

YOU FOUNDED THE HONEST COMPANY, WHICH IS ALL ABOUT ECO-FRIENDLY **BEAUTY PRODUCTS. WHAT ARE YOU** PARTICULARLY HOT ON?

'Perfume. It's really hard to find something organic and pure that doesn't contain synthetic petrochemicals. Nothing about it is natural, unless you use essential oils, which are usually expensive, so I'm not a perfume girl. Instead, I mix my own scents using oils like gardenia, jasmine and vanilla.' WE LOVE YOUR NEW LOB. WHAT MADE

YOU GO FOR THE CHOP?

'It wasn't healthy, and I was getting frustrated with

it. I called my hairdresser when I was getting ready for an interview and said, "Can you just cut my hair off?" And he did! I like changing it up, but I don't like to be too fussy, so whatever takes the least amount of time is my favourite. I usually go to work with my hair wet and let it dry in the car, and I eat loads of avocado and take pre-natal vitamins even when I'm not pregnant to keep it healthy, because the folic acid really helps.'

DO YOU WORK OUT MADLY, LIKE MOST ACTRESSES?

'I like to do a mix of spinning, dance and hot yoga classes with friends. I always feel more motivated when I'm around other people, so I don't just quit. I still work out the same as before I had kids, but your skin's different after - it's carried weight, so it all kind of hangs differently, you know? And I'm older now, so the bounce-back isn't quite the same! But I find the more I work out, the firmer my skin feels. I went for a year or two without working out, after Honor, and then after Haven, and I definitely felt the difference.' >

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Day Cream

FACE CREAM

Rose Day Cream, £29.50, Dr Hauschka

(dr.hauschka.com)

2014

glamour hair. With the beautiful

wave and lustrous finish, I felt like Veronica Lake.'

2014

'The flyaways give it an edge that works with the fierce eye make-up. I wanted a sophisticated look that was also a little bit rock 'n' roll.'



JESSICA'S MUST-HAVES

BLUSHER Zea Mays Blush in 18,£17.50, Korres (houseoffraser.co.uk)

IN THE BAG

'I never go out without make-up on, so I always keep an eyelash curler and Korres' Zea Mays Blush in my handbag.'

ROLL WITH IT

'It's really difficult to find a perfume that's organic, so I'll usually wear a roll-on scent or Vamp À NY by French label Honoré des Prés.'

QUICK FIX

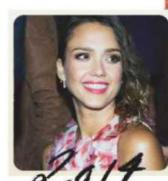
'If I've only got five minutes to get ready, I'll spritz John Masters Organics Sea Salt Spray with Lavender on the roots of my hair, and use a bit of RMS Beauty's 'Un' Cover-Up Concealer on my face.'

BRONZE WINNER

'Before hitting the red carpet I use Braun's Beauty Brush then apply Hourglass' Illume Crème-To-Powder Bronzer Duo (£40, spacenk.com) it's perfect for smoothing and highlighting. I use it as body make-up.'

CHANGE IT UP

'My make-up look depends on how much time I have to get ready. Sometimes I'll wear Ilia's red lipstick, sometimes I prefer a cat eye, and other times I'll go for an all-out glam smoky eye.'



'Because the outfit was so fun I wanted to bring some attitude to my hair. The contrast between the wavy, beachy bangs and the classic updo was cool.'



'This look is pretty close to what I wear every day. I just add some texture with a salt spray so I can get out the door looking chic but not fussy.'



LIPSTICK Lipstick in Femme Fatal, £22, Ilia (net-aporter.com)



FACE OIL Chamomile Aromatic Care, £45, Darphin (darphin.co.uk)

Lavender, £16, John

Masters Organics (johnmasters.co.uk)

CONCEALER 'Un' Cover-Up Concealer, £28, RMS Beauty (net-a-porter com)

FRAGRANCE

Vamp À NY EDP, £55, Honoré Des Prés (honoredespres.com)



EXFOLIATOR

Exfoliation Beauty Brush, £14.99, Braun Face (braun.com)



Ignoring blood could lead to tooth loss



If you spit blood when brushing your teeth it could be an early sign of gum disease, a leading cause of tooth loss. Both Corsodyl Mint Mouthwash and Corsodyl Toothpaste are clinically proven to help stop bleeding gums. Find out more at www.corsodyl.co.uk



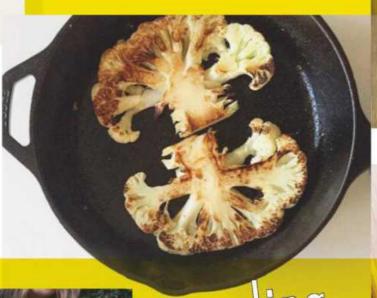
FOR PEOPLE WHO SPIT BLOOD WHEN THEY BRUSH THEIR TEETH.

style A



EDITED BY EMILY DEAN

PHOTOGRAPHS BY INSTAGRAM/AUORAH, LOST_IN_HONEY, THENAKEDSEED. WILDI,SLAND,LIFE, THOSEWINDYDAYS, RISTORANTE_QUINOA_GLUTENFREE, MATTERSOFTHEBELLY





#CAULIFLOWER





Move over kale – you had your moment with Gywnnie and VB going crazy over you, but this season it's all about the cauliflower. You say 1980s school dinners, we say trendiest veggie of now. NY's coolest eateries - like the Bowery Meat Company - are serving up cauliflower steaks, and east London's Typing Room boasts a yeasted cauliflower as its star dish. Quick to catch on, Pret A Manger's even given it a supporting role in their mac and cheese. Forget boiling it up and creating a nan's-flat smell, cauli 2015 is roasted, mashed and even in pizza bases. At just 27 calories per cup – we're crushing on you cauli.



ELLY PEAR

The food writer/cafe owner/Instagrammer extraordinaire gets baking

am a very impatient cook. If one of my cakes needs to be iced, I have to sit on my hands, otherwise I end up doing it while the cake is still warm and the icing slips right off.

I hardly ever bake bread, either. I don't need to, as I'm lucky enough to have amazing bakers all around me in Bristol. I even have a sweet bartering thing going on with a customer who is a superb baker (thanks, Richard!). However, this is the one type of bread I do make regularly. If you're in a hurry, impatient or attempting it for the first time, soda bread is the recipe to try. No kneading, no waiting for it to prove. Simply throw it together like a cake mix, then whack it in the oven. Easy.



SEEDED SODA BREAD

Makes 1 loaf (about 16 slices)

225g plain flour
225g wholemeal flour
1 heaped tsp bicarbonate
of soda
1 heaped tsp cream of tartar
2 tbsp soft brown sugar
1 tbsp sunflower seeds
1 tbsp poppy seeds
1 tbsp sesame seeds
20g walnuts, roughly chopped
1 tsp good sea salt flakes (such as Maldon or Halen Môn)

500ml buttermilk 30g butter, melted 1 tbsp pumpkin seeds

l tbsp pumpkin seed 2 tsp linseeds Salt

1. Preheat oven to 200°C (fan oven). Sift both flours into a large bowl (tip in anything that remains in the sieve. You're aerating the flour, not getting rid of all the delicious wholemeal bits).

2. Add the bicarbonate of soda, cream of tartar, sugar, sunflower, poppy and sesame seeds, walnuts and salt, then stir. Make a well in the centre and slowly pour in the buttermilk, mixing gently but thoroughly. It will form a loose, cake-type batter, not a dough.

3. Brush a 10 x 20cm loaf tin with some of the melted butter. Put the mixture into the tin and even out the top. Pour the rest of the butter over the surface.

4. Sprinkle over the pumpkin seeds, linseeds and salt, and bake for 30 mins at 200°C (fan oven) before turning it around and baking for another 25-30 mins at 150°C, until a sharp knife inserted into the centre comes out clean.

5. Turn the loaf out onto a wire rack to cool.





straight away. I love to spread it with salted butter straight from the fridge.



OR... WAIT UNTIL

it's cool, then slice and put into freezer bags in sets of two. Seal, label and freeze for up to 4 months – not that I can wait that long! Defrost at room temperature.



IT'S GREAT WITH

poached eggs and avocado

DRINK WITH

a mug of builder's tea





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How to pimp your packed lunch.

Plus, tips from a master baker



of choice, and you wouldn't dream of



SOUPED-UP SALAD
BY TESS WARD,
AUTHOR OF
THE NAKED DIET
IF... A chic monochrome
bento box is your Tupperware

taking a bite before gramming.

MUNCH 'Place some shredded chicken in a Mason jar, then add grated lemongrass, half a yellow pepper, some savoy cabbage and three spring onions. Sprinkle with flaked coconut and red chilli, and add a dressing of grated fresh ginger, fish sauce, coconut syrup and lime juice.'

SIP 'A vegan milkshake: blend 60g whole almonds, 1 cup water, 1 shot espresso, 1 tbsp cocoa powder and 2 tbsp maple syrup.'



IF... Meal deals are your thing, scoffed between spreadsheets. But you've calculated they're not that much of a deal for your wallet, so it's time to go old-school.

MUNCH 'Buy a good-quality sourdough or crusty baguette. Don't settle for plain mayo: add some diced parsley, a squeeze of lemon, and season with salt and black pepper. Or use chilli, lemon, salt and Korean hot sauce to take it to the next level. A gherkin will brighten up anything, or team sliced, sun-dried tomatoes with salami, or olives with mozzarella.'

SIP 'Add cucumber, mint and lime juice to sparkling water the night before

for a hydrating alternative to fizzy pop.'



THE POSH POT NOODLE

BY JEZ FELWICK OF THE BOWLER, BRISTOL IF... Your midday-meal habits haven't changed much since

your student days: it's all a bit leftover pasta and instant noodles.

MUNCH 'Simmer some chicken from the Sunday roast with 5 tbsp peanut butter, 4 tbsp soy sauce, 4 tbsp brown sugar, 2 tbsp lemon juice and 2 tbsp water for 2 minutes, until it thickens. Allow it to cool, then store it in the fridge. The next day, soak some rice noodles while you whack the sauce and chicken in the microwave until piping hot, then stir everything together.'

SIP 'Add elderflower cordial and a squeeze of lemon to cold-brewed Earl Grey tea.'



SOME FANCY VEG

BY ECCIE AND GINI NEWTON OF KARMA CANS, LONDON

IF... Every day is another excuse to show off your

healthy SPL (smug packed lunch) to colleagues. Sundays are for planning and memorising the Hemsley sisters' recipes.

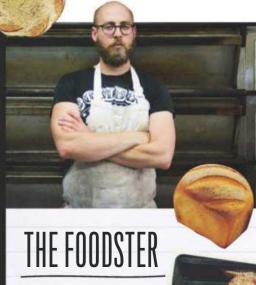
MUNCH 'Batch-make caponata – which is just fried aubergine, tomato and pears – and team it with green beans, chicken and roasted almonds throughout the week.

For a dip, blend avocado with tahini, fresh herbs, lemon, olive oil and salt. Put a dollop in the corner of a lunchbox and surround it with baking paper to keep it separate.'

SIP 'Make a lassi by blending fresh mango with lime juice, chilli, yogurt and ice.

Pour it into a thermal mug





life STYLE

ALEX POULTER

OF THE EAST BRISTOL BAKERY

From his small premises in Easton, this craft baker is bringing gluten back. He's our go-to for #breadporn

What's a good beginner's bread?

'Choose a yeasted one – there are only four ingredients. Flour is where all the flavour is, so buy the best you can. I like Shipton Mill because it's organic.'

We don't have an airing cupboard. Should we even bother?

'You need a warm, humid environment. Put a bowl of water on the second shelf of your oven, leave it to get warm on the lowest setting, then turn it off. Put your dough in a mixing bowl, cover it with clingfilm and place it on the top shelf.'

Is a bread machine too 1980s?

'It makes things easy, though you don't get the crispy crust of oven-baked bread. But anything you make at home is better for you than supermarket stuff.'

What's good for a Saturday brunch?

'Focaccia is a white dough with lots of oil and salt – it's good for tearing and sharing. Or get a big, white sourdough and serve it with lots of cheese and chutney. You can pick at it all day.'

How can we up our Instagram likes? 'It's all about the lighting. Go for natural – you don't want hard-contrast shadows.'



@TWEETCHLOE #INSTYLEEATS



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WITH A LITTLE

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CHIC RETREAT

Grand Hotel Tremezzo, LAKE COMO

Following in the footsteps of Cheryl and Mr Clooney, InStyle's Emily Dean enjoys poolside pizza and Prosecco on ice in a grand Italian palace



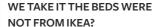


HANG ON, THIS LAKE COMO HOTEL LOOKS FAMILIAR...

That's probably because Cheryl Fernandez-Versini was snapped wafting around in a Tory Burch kaftan by the Grand Hotel Tremezzo's legendary floating pool recently. We missed her by a week, but we did drive right past George Clooney's villa.



They say Italians do it better, and when it comes to this hotel, they're not lying. An insanely grand villa set over the postcard-perfect lake, it's fabulously old school – plush red velvet chaise longues, waiters in starched white jackets and ornate gold bedheads – with little modern flourishes and Prosecco on ice in the room.



The rooms made us feel like we were waking up in the villa of an Italian countess – dove-grey silk bedspreads, antique armoires and thick velvet drapes that drew back to reveal a view of the boats gently bobbing on the lake. No wonder Greta Garbo was a huge fan of this place (and they named one of the suites after her).



WHAT DID YOU DO?

Made very good use of the floating pool, set on the lake itself and regularly voted one of the world's best.

After a day of sunbathing we'd sip Aperol spritzes before taking a ridiculous amount of selfies in the bougainvillaea-filled gardens.



We were in Italy – don't ask silly questions. We sat on the terrace of the hotel's fine dining restaurant, sipping rosé while devouring fresh lobster, delicious scallops and ricotta pancakes.

NO PIZZA?

Of course we had pizza! Cooked for us poolside, on a wood fire. Later we took a boat to Bellagio and had the fluffiest ice cream ever at the Gelateria del Borgo.

NOT FOR DIET FREAKS THEN?

Not exactly. Especially not when you're faced with jars of sweets every time you walk through the lobby. Somebody reminded us they were 'for the children'. Did that stop us? Did it hell. Rooms from £460 per night. Call +39 0344 42491 or visit grandhoteltremezzo.com





Fitzrovia, London







• 've always been a bit obsessed with Caroline Flack's legs. Not in a creepy way, just in a 'Blimey, imagine waking up every day and having them at your disposal' way. But they're covered up in jeans when she strides into the restaurant in a cloud of giggles and good hair. She's showing her shoulders off in a flirty ruffled top though: 'It covers the arms. I hate them,' she laughs.

We've barely opened the menus, and Caroline's already revealed more to me than I know about some of my oldest friends. I know her nails are fake: T bite them, so these are stick-ons.' I know how she reacts to tequila: 'It turns me into a weirdo.' And I know she had a dream about Cheryl Fernandez Versini last night: 'We were presenting *Dancing On Ice*. Weird!'

She's chosen Boundary, Terence Conrans's chic Shoreditch answer to a New York speakeasy for our dinner date. It's a successful blend of East Village exposed brickwork and Parisian red velvet splendour. To my relief, she opts for a glass of wine. 'I have an inner satnav, which tells me when to stop. It's my superpower.'

It's not her only one. Over the past five years, she's quietly turned herself into the Davina McCall for a new generation, with almost two million Twitter followers. She's also mastered that feat of being a pin-up for men and a fantasy best friend for women. Not many girls who have dated Harry Styles can boast that. But while Caroline was the go-to girl for spin-off shows, popping up on The Xtra Factor, it was Strictly Come Dancing that proved the career changer. 'When you do something like that, people see a vulnerable side to you. I split up with my boyfriend halfway through, so it was

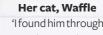
really emotional,' she laughs suddenly. 'Sorry to sound cheesy.'

We tuck into starters: jambon de bayonne for her – ham with marinated tomatoes and warm goat's cheese. 'This is delicious,' Caroline exclaims. 'It reminds me of France where my dad used to live.' I have moules with fennel gratin – a rich, creamy delight. After her *Strictly* victory, everyone wanted a bit of the Flack stardust, including Simon Cowell. 'Simon sent me really nice texts during the show like: 'Who knew you could dance!' Then she got invited round for a drink. 'I thought, god, he's going to offer me a job, but he didn't. Then when Dermot left *The X Factor*, I got the call.'

We move on to the mains and Caroline declares her braised beef with celeriac purée and red wine sauce to be tasty. I have poached chicken breast with turnips and summer truffle, which is tender and light, the truffle giving it a pleasant Italian kick.

She doesn't cook much. 'When I've got a boyfriend I do, but when I'm on my own I find it strange.' She hangs out at Shoreditch House 'because it's easy', east London's Bistrotheque and Indian eaterie Dishoom.

Our dinner is drawing to a close – she's off to see *Jurassic World* with the girls later tonight. I wish her luck for the *X Factor* run and she admits to being petrified. 'What will I wear for the live shows? Do you think it'll be OK?' If Simon Cowell were here now, he'd know how to answer that: she'll nail it. *The 12th season of* The X Factor *is on ITV, Saturdays at 8pm*



an ad. He was living above a Greggs in the Holloway Road. It's the best thing I've ever done – my spare time is spent in Pets At

Home now?



Coats and clutches

'Ilove clutches and coats are my thing. I bought an amazing Saint Laurent coat this year. Every time I get a new job I buy something special.'



CAROLINE'S

DINNER CHAT!

life STYLE

'When I was doing
Love Island I just ate
pizza. I kept thinking,
I must go and see my
trainer, but I'm not
a gym girl. It's
a whole lifestyle
being really thin and I
couldn't handle it.'



Shi

Dungarees

'They're the greatest invention ever. I used to wear them in the 90s and I'm loving them – they cover all sins.'



'I love having my hair short. My friend Lou Teasdale does it and I'd find it hard to go to anyone else.'







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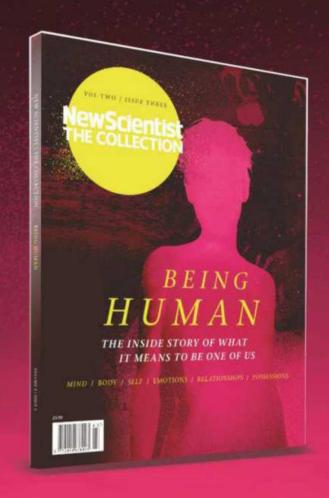
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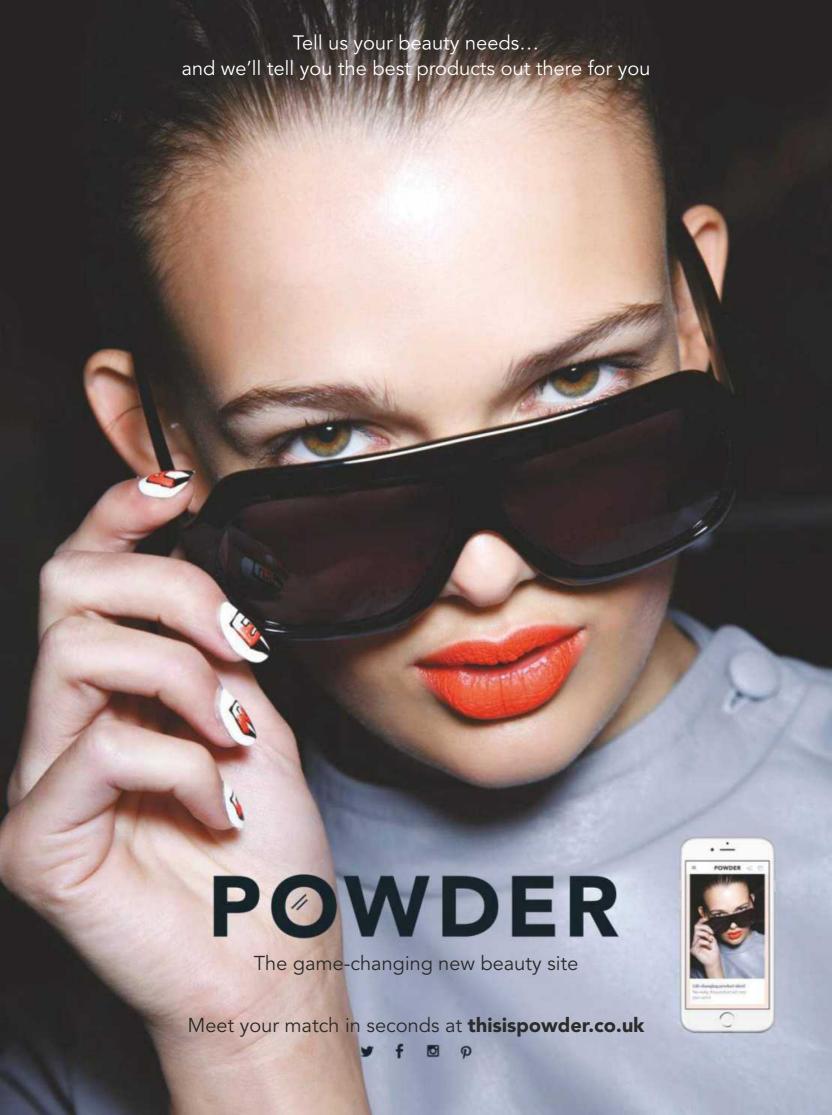


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